



BUDDHIST MEDITATION PRACTICE AND DHAMMA TALK.

May 2023 gathering for community.

Beginners to advanced are welcomed.

A Dana Bowl will be present for any gifts of donations.

***A community program of: "St. Michael and All Angels
Anglican / Episcopal Church, Cuernavaca."***

Meditation: A path to inner-peace and serenity through mindfulness.

DATE: Wednesday, May 10th, 2023. TIME: 6-7pm. LOCATION: "Pastoral Meeting Space", St. Michael and All Angels Anglican / Episcopal Church, Cuernavaca.

(ADDRESS: Calle Minerva s/n, Esq. Eros, Col. Delicias, Cuernavaca (2 blocks behind WalMart Express on Rio Mayo)).

Facilitated by Tom Esakin, who supports Spiritual Care through St. Mike's. Tom is a former lay-facilitator with the Theravada Buddhist Community of Toronto.

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