



BUDDHIST MEDITATION PRACTICE AND DHAMMA TALKS.

*January and February 2024 gatherings for
community.*

*Beginners to advanced are welcomed. BYOC/M
(Bring Your Own Cushion/Mat)... or use an
available chair!*

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.

**DAYS: Wednesdays.
TIME: 6-7pm. DATES:
January 24th and 31st,
and February 07th,
2024. LOCATION: IN-
PERSON in the
"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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ation.org**