



MEDITATION & DHAMMA

ALOKA VIHARA NUNS

SECOND SUNDAY OF EACH MONTH, 5-7PM

MAIN ST. YOGA

447 MAIN STREET IN PLACERVILLE

In 2015 the nuns will teach on the following evenings: Jan 11, May 10, June 14, July 12, Aug 9, Sept 13, Oct 11, Nov 8 and Dec 13.

These evening sessions will include instructions and guidance in sitting & walking meditation, as well as time for questions and answers about meditation practice. The evening is open to beginners and experienced meditators alike.



This event is being freely offered and there will be an opportunity to make a donation to the nuns, as well as Main St. Yoga at the end of the evening.

Supporting Theravada Buddhist Nuns of the Forest Tradition in the West

Saranāloka FOUNDATION

WWW.SARANALOKA.ORG