



MEDITATION & DHAMMA

WITH THE ALOKA VIHARA NUNS

THE SECOND SUNDAY OF EACH MONTH, 5-7PM

MAIN ST. YOGA

447 MAIN STREET IN PLACERVILLE

The nuns have recently relocated to Placerville and are looking forward to meeting local community members.

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

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