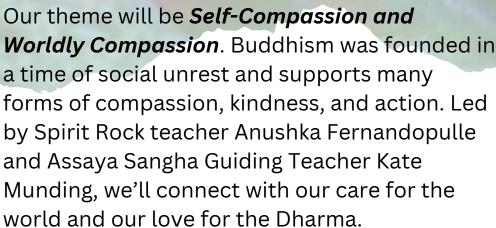
MEDITATION FOR DIFFICULT TIMES

A Benefit for Assaya Sangha

Saturday, November 1st, 2025 10:00 am - 4:00 pm PT, in person or on Zoom



Join us for a day of guided meditations, Dharma talks, mindful movement, and music in the beautiful setting of Gyuto Foundation, a Tibetan Buddhist monastery in the Richmond hills.





All proceeds go to benefit Assaya Sangha, a women's meditation community based in the East Bay. All genders are invited and welcome!

www.AssayaSangha.org

Pre-registration is recommended. Walk-in registration may be available, but check the website before coming.