

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.

Our theme will be ***Self-Compassion and Worldly Compassion***. Buddhism was founded in a time of social unrest and supports many forms of compassion, kindness, and action. Led by Spirit Rock teacher Anushka Fernandopulle and Assaya Sangha Guiding Teacher Kate Munding, we'll connect with our care for the world and our love for the Dharma.



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.

