

Mindfulness Practice in the Plum Village Tradition

SHANTIDEVA SANGHA



at Shantideva Monastery
30345 Palomares Road, Castro Valley, CA 94552

July 20, September 7, October 19, November 16 2024

all are welcome!

9:30am gathering
10am sitting meditation
10:30am chanting in Vietnamese
and English
11am Dharma sharing

12 noon walking meditation
12:30pm mindful meal (bring your own
vegetarian lunch)
1:30 pm personal time - leaving as you
wish by 3pm

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