



Shambhala Cafe

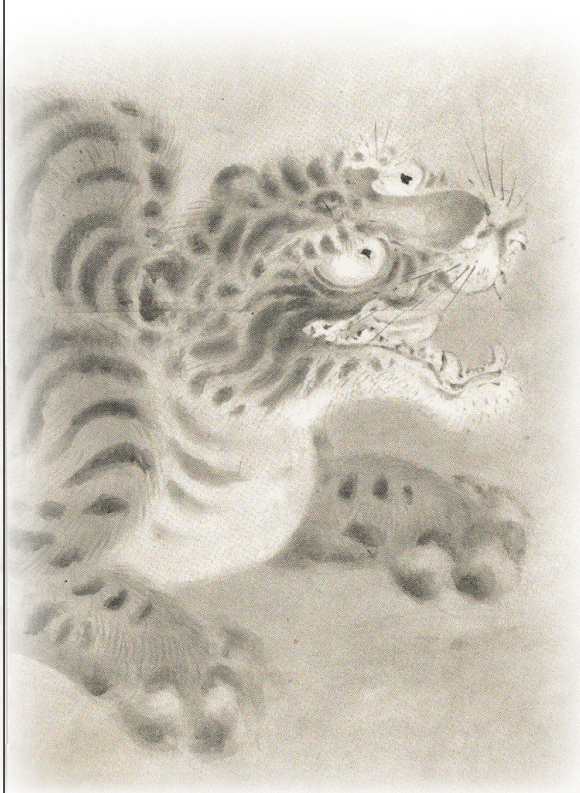
The Shambhala Cafe is an opportunity to meditate, socialize, and share in exploring the teachings.



All are welcome!

Saturday March 1st at 9:00am to noon

9am to 10am	Meditation with individual instruction available
10am to 11am	A Reading and discussion with refreshments
11am to 12pm	Meditation with individual instruction available



*Scott Perry and
Barry Gruessner
will lead the cafe*

