

Join our Family Sangha in the New Year!



Whether or not you have meditated before, we would love
for you to join us for our

Intergenerational Afternoon of Mindfulness

which we are holding on the first Sunday of each month,
starting April 7th, 2019 from 2:00 to 3:45pm.

Together we practice a guided meditation, mindful movements, dharma reading and sharing, in the tradition of Zen teacher **Thich Nhat Hanh**. Children and teens will join adults for part of the afternoon and will then have parallel programs facilitated by experienced lay practitioners. We will meet at **Show Me Dharma** on 1600 W Broadway, Columbia, MO 65203. We look forward to coming together as a loving, spiritual community.

Please contact us if you have any questions:

FamilysanghaComo@gmail.com