



South Lake Tahoe Mindfulness Meditation Community

Please join us!

SUNDAY: 5-6:30 pm, Unity at the Lake Professional Bldg, 870 Emerald Bay Road, Upstairs, Suite 89, (Please meet in the parking lot at 4:50 pm).

Our meditation practice comes from the teachings of the Buddha. We will sit for 30 minutes of silent meditation. Our practice is based on our selected readings, themes, and/or audios. These will generate questions, and open discussions to help us develop our personal practice and understanding of mindfulness (Insight) meditation.

We have found practicing with others greatly enhances personal practice as well as allowing us to spend time with like-minded people. We provide a safe and relaxed place for practice. "In which power is shared by all rather than invested in a minority of experts. In which questions are valued more than answers."-S. Batchelor, "Buddhism Without Beliefs"

Beginners are always welcomed at our group. There is no cost to attend, although any generosity of donation is welcomed and is given to Unity at the Lake who provides our space.

For more information please contact: Elvia, casalaketahoe1@gmail.com
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