



Friday, April 19- Sunday, April 21, 2024



MEDITATION AT CAFFE LENA ON SUNDAY APRIL 21st

Starts at 8:55 am to 10 am

Open to anyone, beginners and those who have regular meditation practice.

Enter Caffe Lena door between Hattie's and the Music Store.

No props needed. We sit for 20 minutes, have a silent break, and sit again while Pierre Zimmerman gives a short talk, and a discussion follows at the end of the second meditation.

A small donation is appreciated.

Pierre Zimmerman's bio is available at www.oneroofsaratoga.com