



# BUDDHIST MEDITATION & CHANTING GROUP

## Morning Meditation



**Fridays at 9:00 a.m. in the  
Shepard Meditation Room**

Join us for our new weekly meditation group with Peter Chiu, licensed Daoist spiritual and meditation teacher. Space is limited; email to reserve a spot in this group.

For questions about the program, contact  
Curtis Howard at (760) 656-8414  
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