

Online Meditation Group Session

Led by Abbot Guo Yuan

FREE

[Visit DDMBA-SF to register](#)



Begins: Saturday March 28, 2020 and
Saturday April 4, 2020

Check-in: 1 PM - Register ahead of time

End Time: 2:30 PM

Come! Come practice and learn together with us – online, while building camaraderie, diligence and having fun. Explore the journey of self-mastery through Chan Meditation.

The session includes guided moving and seated meditation, Q&A, at the discretion of the Teacher. (Please allow enough space in the comfort of your own home/space for moving meditation. For seated meditation, a sturdy/comfortable chair where the thighs can be leveled with the body would be good, although meditation cushions/bench would be best if you have them.)