



The Grand Valley Sangha

typically meets on the 2nd and 4th Tuesdays

(please see specific dates on page 2)

6:20 - 8:00PM (September - May)

at Koinonia - A Spiritual Community - 730 25 Road.

The word “sangha” is Sanskrit
for a community with a common vision or purpose.
Since 2009, this community gathers to support the practice of meditation,
and living with mindfulness, generosity, compassion, and joy.

*Whatever your previous experiences with meditation have been,
we hope you will feel welcome in this community
and find support for your practice.*

We have been inspired by the
teachings and practices of Buddha,
Thich Nhat Hanh, Pema Chodron, Tara Brach, Cheri Huber, Jack Kornfield,
Susie Harrington, Sarah Heffron, and one another.

We offer these agreements to practice together:

Being present, compassionate, curious...

Suspending judgment, labels, assumptions...

Offering a listening presence...

Speaking from a “place of I”...

Confidentiality...

6:50 – 7:00PM Arrival time to settle in... You are invited to bring cushions, blankets, and/or props that support your meditation practice. Cushions are also available on site.

Beginning at 7:00PM

Teachers and facilitators offer guidance, inspiration, and these consistent elements:

- *welcome ... announcements ... agreements*
- *meditation/mindfulness practice - including stillness and silence*
- *teachings/sources of inspiration ... sharing and offering a listening presence*

8:25 Closing

*****Please make inquiries by emailing: grandvalleysangha@gmail.com**

Sangha Dates

September -December

09/13/16

09/27/16

10/11/16

10/25/16

11/08/16 no sangha - Election Day

11/15/16 THIRD Tuesday

11/29/16 FIFTH Tuesday

12/13/16

12/27/16