



Diamond Yoga Meditation Center

SUNDAY PROGRAM

10-10:45 A.M. Medicine Buddha Healing

11-11:45 A.M. Introduction to Esoteric Buddhism with meditation instruction and meditation.

1-2:30 P.M. Prajna Akasagarbha Yoga;
Moving Meditation

193 CARLISLE WAY, BENICIA, CA
(PLEASE PARK ALONG CHELSEA HILLS DRIVE.)

**Every last Sunday of the Month-- 12 noon to 1:00 pm
potluck (please bring a small vegetarian dish to share).**

Contact Maria at 1-(707)-748-1662