



The next Buddha,
the Buddha of
the West, will
come as the
Sangha.

—Ven. Thich Nhat Hanh

Mindfulness Gatherings for People of Color 1st & 3rd Sunday of the month 3-5pm at SWZC



2727 Highland Avenue | National City, CA 91950

Join us for our monthly Mindfulness Gatherings at the Sweetwater Zen Center in National City. We are self-identified People of Color who are interested in mindfulness and meditation. We are a meditation group intent on creating safe spaces for people of color to cultivate a meditation practice and create community. We are Buddhist and non-Buddhists. We are a peer-led group inspired by the teachings and practices offered by Thich Nhat Hanh, Plum Village and other wisdom traditions.

Email us at MindfulnessPOC@gmail.com for more information.

We are very grateful to friends at the Sweetwater Zen Center for this space to build community! May we plant & grow more seeds of wakefulness, understanding, compassion, inner-outer freedom, justice & joy in our practice & in community.

Let's Connect #POCSangha!

[Facebook.com/poc.mindfulness](https://www.facebook.com/poc.mindfulness) | [mindfulnesspoc.wordpress.com](https://www.mindfulnesspoc.wordpress.com) | MindfulnessPOC@gmail.com

"Your true home is in the here and the now. It is not limited by time, space, nationality, or race." -TNH