San Diego - CA

Type: Dharma Bum Temple - 12 Step Zen group
Venue: Online
Days: Saturday
Time: 10:00am
Address: 4144 Campus Ave., San Diego, CA 92103
Other info: https://zoom.us/j/202857615?pwd=RWxTdUdqU UdM5UjBVZEmWWFkUT 09
Meeting ID: 202 857 615
Password: 553033

Founded January 2012, this group is hosted by Peter Kuhn, an ordained member of the Order of Interbeing in Thich Nhat Hanh’s Plum Village Tradition.

The group explores how mindfulness practice, meditation and the Buddhadharma can light a path to freedom from afflictions, deepen our understanding and application of the 12 steps and help us realize the awakened way in all areas of our daily life. This is an open meeting for all wanting freedom and healing, you need not be in 12 step recovery or Buddhist to join us. Format includes sitting, dharma talk, and sharing. Guest speakers from other traditions are joyfully scheduled. Freely offered, no charge to attend.

During the times of pandemic, Peter is hosting this Saturday at 10am meeting as well as the regular Weds at 7pm one

All are welcome!

Contact: Peter Kuhn Phone - (619) 890-1832 Email - peterkuhnxx@gmail.com
Website - Zoom Link