Sit-and-Share meetings are open to anyone wishing to live their life mindfully in harmony with the Five Universal Precepts.

_Sit-and-Share_ peer-led meetings are an opportunity for individuals to come together to practice and cultivate calmness of mind and body and to develop and practice wise communication skills within a safe and supportive environment.

https://us02web.zoom.us/j/4537777699?pwd=eFFWQ2JOSXIVNGlzTGJUYWiHR1lxZz09

Email - info@5th-precept.org

Website - https://5th-precept.org/fifth-precept-sit-and-share-meetings/