## English

**Type:** Sit-and-Share  

**Venue:** Online  

**Days:** Sunday  

**Time:** 7:45pm - 9:15pm  

**Other info:** 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=eFFWQ2JOSXIVNGlzTGJUYWtHR1IzZz09

**Contact:**  
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