

People of Color Practice Group

2nd and 4th Friday of each month,
5:30–7:00 pm, Starting May 12, 2017

Check the website event calendar beforehand to confirm each occurrence.

Coordinators: Sivakumar Challa

- Open for self-identified people of color at all practice levels
- Sitting meditation in silence, followed by walking meditation or a recorded talk
- End with discussion open to everybody
- Offered free of charge, with opportunity to practice *dana* (Practice of Generosity) to the sangha
- Noble silence encouraged; may come and go any time
- Brief recorded meditation instructions provided (ask at the beginning)
- Cushions and chairs available for sitting meditation

Questions? Contact Sivakumar Challa, challa@unm.edu



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