



RIVER OAK SANGHA MINDFULNESS MEDITATION GROUP

Mindfulness Practice in the Tradition of Thich Nhat Hanh

The River Oak Sangha welcomes everyone with an interest in mindfulness practice, including first-time visitors and guests. A sangha is a community that supports people in the practice of meditation, ethical living and the development of wisdom. We aspire to apply mindfulness to everyday life while balancing practice and study. Such a path can decrease suffering, increase happiness and ultimately lead to the natural development of compassion and wisdom. There is no dogma to believe in. Instead, practicing mindfulness with a sangha is an opportunity to explore our own life experiences using the tools of meditation and reflection in the context of a supportive community of fellow practitioners. Our sangha includes Buddhists and non-Buddhists. All who wish to experience the benefits of meditation and mindfulness are welcome to practice with us. It is not necessary to be a Buddhist to benefit from mindfulness practices.

Wednesdays
6:30 to 8:30 PM
Donations Appreciated

For More Information, Please Contact:
[Center for Spiritual Living](#)
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530-221-4849 or visit www.csredding.org