



MEDITATION ~ TOOLS ~ COMMUNITY

- ★ cultivate loving presence through meditation
- ★ break the trance of self-judgment
- ★ find support in remembering your wholeness

Last Monday of every month ~ 7:30-9pm*

***unless otherwise noted
(no meeting in December)**

Cultural Integration Fellowship
2650 Fulton Street, San Francisco
(enter on Third Avenue)
\$10 suggested donation

for more information: leaseigenshinrakumft@gmail.com



About the facilitator: I'm Lea Seigen Shinraku, MFT, and I help people live with greater ease and joy by guiding them to wake up from the trance of self-judgment. I draw on my professional training, client work, more than a decade of meditation practice, and my own experience of awakening and cultivating self-compassion. Learn more about me at: www.leaseigenshinraku.com.

Licensed Marriage and Family Therapist: #MFC51836