



San Francisco

This "Walking Meditation" event is for EVERYONE. Come and meet at the Love Blocks, in front of the Conservatory of Flowers in Golden Gate Park, or join us in spirit if you are not able to physically attend. We'll be meditating from 11-11:45 AM. Meet at 10:45 AM. Saturday 11/29.

This international event is Walking Meditation, and we know not everyone can walk. Please consider joining the meditation in whatever way you move through the world, or from wherever you are by imagining you are moving with us. You are also welcome to join us but remain stationary at the Love Blocks. The invitation is to enjoy BEing and cultivating collective peace, no matter how you participate.

We will move together in silence, relatively slowly. The precise route will be chosen to accommodate the mobility of all present. The route may be paved, smooth, and flat - for SF city streets - or a wooded trail, depending on the needs of the community that gathers.

Let's come together, co-create, and flow like a river.

Augusta Hopkins [she/her](#)

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[415.355.4330](tel:415.355.4330)

| [Spiritual Friends Sangha](#)

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SFSangha.org

P.S. Together we arrived at this inclusive invitation and invite you, and all involved, to consider how they might make their events and invitations accessible to all in the future...