



## Weekly Online Meditation

Monday 18.00 - 19.00

*To join our weekly online meditation please email: [admin@yorkshire.samye.org](mailto:admin@yorkshire.samye.org) (We use zoom for our online meditation).*

*These sessions are free of charge. We know that money is tight for everyone and we are happy to offer this for free but if you'd like to help out, please click on the button above.*

**MAKE A LITTLE  
DONATION**

*All donations are greatly appreciated and contribute to the supporting the centre during the coronavirus pandemic.*