

# WEEKLY QUEER MEDITATION

ELECTION WEEK 11/3-8

## TUESDAY

### ALPHABET SANGHA

East Bay Meditation  
Center Oakland  
7-8:30pm PT

<https://alphabet.eastbaymeditation.org/>

## WEDNESDAY

### QUEER SANGHA

True North Insight  
5 to 7 pm ET

<https://www.facebook.com/queersangha>

First week of the month is in French, the other ones in English

## THURSDAY

### POC SANGHA

East Bay Meditation  
Center, Oakland  
7:30-9pm PT

<https://poc.eastbaymeditation.org/>

## FRIDAY

### NYC SHAMBALA QUEER DHARMA

6pm PT

<https://ny.shambhala.org/queer-dharma/>

## SATURDAY

### QUEER DHARMA

SF Zen Center  
Saturdays 1X/month  
1 - 3 pm, PT

<https://www.sfzc.org/practice-centers/city-center/zen-meditation-practice-city-center/practice-groups>

## SUNDAY

### QUEER MINDFULNESS

Insight LA,  
1-3pm PT

<https://insightla.org/event/queer-mindfulness/2020-11-08-15-30/>

## FIND MORE EVENTS & RESOURCES



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STANFORD.EDU