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Allan lokos - wikipedia, the free encyclopedia

Allan Lokos is the founder and guiding teacher of the Community Meditation Center located on New York City s upper west side. He is the author of Pocket Peace

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biography and community discussions about Allan Lokos Pocket Peace: Effective Practices for Enlightened Living by Allan Lokos (18 Feb 2010)

Allan lokos at the tricycle book club april 19th

Join us April 19th at the Tricycle Community Book Club when Allan Lokos will start discussing his new book, Pocket Peace: Effective Practices for Enlightened Living.

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Allan lokos | the community meditation center |

Allan Lokos Allan Lokos is the founder and guiding teacher of the Community Meditation Center. He is the author of Pocket Peace: Effective Practices for Enlightened

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Patience: book signing & discussion with allan

Announcements and Past Events Allan Lokos is the guiding teacher of the Community He is the author of Pocket Peace: Effective Practices for Enlightened

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Subtitled 'Effective Practices for Enlightened Living', Review of Pocket Peace Allan Lokos leads the Community Meditation Center in NYC,