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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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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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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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