



Dhamma with Doug Kraft

Fall, 2018

Retreats

Day Long Retreat

Saturday, December 1, 8:30 to 4:30
1126 McClaren Drive, Carmichael, CA

Monthly Self-Guided Retreats

Every 2nd or 3rd Sunday of the month
Yolo TWIM Meditation Group
Meets in various homes

Nine-day Retreat

Sunday, **June 23 to July 2, 2019**
St. Francis Retreat, San Juan Bautista, CA

Groups and Classes

Easing Awake Saṅgha

Every **Tuesday, 6:30 to 8:30 pm**
Unitarian Universalist Society,
2425 Sierra Blvd **Sacramento, CA**

Spiritual Journey Group

Every **Second Saturday, 8:30 – noon**
1126 McClaren Drive, **Carmichael, CA**

Meditation Class

Mondays, 6:30 to 8:30 pm, Sept. 17 – Nov 12
Unitarian Universalist Society,
2425 Sierra Blvd **Sacramento, CA**

Dhamma Talks

November 28, 6:30 pm
Sierra Insight Saṅgha
Boeger Winery,
1709 Carson Rd, **Placerville, CA**

Sunday, January 6, 2019, 6:30 to 8:30 pm
Sacramento Buddhist Meditation Group,
3111 Wissemann Drive,
Sacramento, CA 95825

Information, signup, updates, and books:

www.easingawake.com and info@easingawake.com