



Easing Awake

Doug Kraft

Summer, 2017

Retreats

Weekend Retreat

Oct. 6 to 8, 2017

Carmichael, CA

Eight-day Retreat

June 24 to July 2, 2017

San Juan Bautista, CA

Classes, Groups and Workshops

Easing Awake Sangha

Tuesday, 6:30 to 8:30 pm

Unitarian Universalist Society,
2425 Sierra Blvd, Sacramento, CA

Meditators' Workshop – When Meditation Alone is Not Enough

Second Sat, 8:30–12:00,
re-convenes in September

1126 McClaren Drive,
Carmichael, CA

Friday Morning Meditation

9:00 to 11:30 am, starts Sept. 1

Renaissance Society, CSUS

Dhamma Talks

Sunday, July 20, 11:00 am

**First Unitarian Universalist
Society,**

1187 Franklin St.,

San Francisco, CA

Mon., Oct 23, 6:30 to 8:00 pm

Rocklin Sitting Group

Meeting at the

Montessori School,

5250 Fifth Street, **Rocklin, CA**

More events

More events will be set up over the summer.

Information, signup, and updates:

www.easingawake.com→Events

and info@easingawake.com