



Dhamma with Doug Kraft

Winter–Spring, 2018

Retreats

Eight-day Retreat

Sunday, June 24 to July 2, 2018
St. Francis Retreat, San Juan Bautista, CA

Classes, Groups and Workshops

Easing Awake Saṅgha

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

Spiritual Integration Group – When Meditation Alone is Not Enough

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

Monday Evening Class

Monday 6:30 to 8:30 pm, Jan 8. – March 26, 2018
Unitarian Universalist Society, 2425 Sierra Blvd, Sacramento, CA

Dhamma Talks

Wednesdays, March 21, May 23, Sept. 19, 6:30 pm

Sierra Insight Saṅgha

Boeger Winery,
1709 Carson Rd, Placerville, CA

Sunday, June 3, 10:30 am

Unitarian Universalist Society of Sacramento
2425 Sierra Blvd
Sacramento, CA

Information, signup, updates, and books:

www.easingawake.com and info@easingawake.com