



Dhamma with Doug Kraft

Winter–Spring, 2018

Retreats

One-Day Retreat

Saturday, **February 4, 2018**, 9:00 am to 4:30 pm
Community Room at Berryessa Branch Library,
3355 Noble Ave, **San Jose, CA 95132**

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. – Feb. 26, 2018
Unitarian Universalist Society, 2425 Sierra Blvd, **Sacramento, CA**

Dhamma Talks

Sunday, **January 7, 2018, 7:00 pm**
Sacramento Buddhist Meditation Group
3111 Wisseman Drive, **Sacramento, CA 95826**

Sunday, **January 21, 2018, 11:00 am**
Unitarian Universalist Community of Lake County
3810 Main Street, **Kelseyville, CA 95451**

Wednesdays, **January 24 and March 21, 6:30 pm**
Sierra Insight Saṅgha
Boeger Winery,
1709 Carson Rd, **Placerville, CA**

Information, signup, updates, and books:

www.easingawake.com and info@easingawake.com