



Easing Awake

Doug Kraft

Fall, 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 Saṅgha

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

Wed, May 24, 6:30 to 8:15 pm

Sierra Insight Saṅgha

Boeger Winery,
1709 Carson Rd, Placerville

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