



# *Easing Awake*

*Doug Kraft*

*Winter, 2017*

## ***Residential Meditation Retreats***

### ***One-Day Retreat***

Saturday, February 25, 2017, 9:30 am to 4:30 pm  
1735 Christian Valley Rd, **Auburn, CA**

### ***Eight-day Retreat***

Sunday, June 24 to July 3, 2017  
St. Francis Retreat, **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**

*(meets with the meditation class through February)*

### ***Tuesday Evening Meditation Class***

Tuesday, 6:30 to 8:30 pm, Jan. – Feb. 2017

Unitarian Universalist Society,  
2425 Sierra Blvd **Sacramento, CA**

### ***Friday Morning Meditation Class***

9:00 to 11:30 am, starts Feb. 3

Renaissance Society, **CSUS**

### ***Experienced Meditators Workshop – When Meditation Alone is Not Enough***

Second Saturdays, 8:30 – noon

1126 McClaren Drive, **Carmichael, CA**

## ***Dhamma Talks***

Sunday, Jan. 8, 2017, 7:00 to 9:00 pm  
**Sacramento Buddhist Meditation Group,**  
3111 Wissemann Drive,  
**Sacramento, CA 95825**

Wednesdays, Feb 15, May 24, 6:30 to 8:15 pm  
**Sierra Insight Saṅgha**  
Boeger Winery,  
1709 Carson Rd, **Placerville, CA**

Monday, Feb 27, 6:30 to 8:00 pm

### ***Rocklin Sitting Group***

Meeting at the Montessori School,  
5250 Fifth Street, **Rocklin, CA**

***Information, signup, and updates:***

*www.easingawake.com* → *Events and info@easingawake.com*