A Year to Live
a practical course on living and dying

A twelve month study group where we learn to live our lives with more ease and compassion, and accept with equanimity our own deaths and the deaths of others.

We all die. The Buddha advised that this truth should be a daily contemplation in order to understand that the lives of all sentient beings have a beginning, middle and an end. Coming to terms with the reality of life brings ease, gratitude for our lives, and compassion for ourselves and others.

Registration: $35 (A refund of the registration fee will be given if the date/time do not work with your schedule.)
Schedule: 2021-2022 schedule TBD due to pandemic
Where: In person (mostly) at the Sacramento Dharma Center
Attendance: Commit to attend the monthly meetings and complete assignments. Exceptions are for travel and illness
Resources: “A Year to Live” by Stephen Levine plus other books, movies, documentaries and occasional speakers
Contact: diane@sactoinsight.org

Class size will be limited. Sign up as soon as possible