An eleven-week Wednesday evening course with Sacramento Insight Meditation founding teacher Dennis Warren

Sep 15 to Nov 24, 2021  7:00 pm to 9:00 pm
(Includes a one day retreat Saturday, Nov 13, 8:30 am to 4:30 pm)

A balance of Wisdom and Heart Practices is essential to constructing a rich, satisfying life and a sound spiritual practice. This highly experiential, eleven-week course focuses on the development of nine different Heart practices so they become more active characteristics of our thinking, daily life and relationships. Emphasis is placed on helping participants find their own individual path to discovering the power of Heart practices in their lives and their pre-existing contemplative, meditative or spiritual practices.

Location: Zoom online or Sacramento Dharma Center
3111 Wissemann Drive
Sacramento, CA

Course registration fee is $35
Register online at www.sactoinsight.org/living

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