

Integration

7 Factors of Awakening 8 Fold Path
Sitting Meditation Daily Life
Relationships

*A One Day Retreat
With Exploratory Experiential Practices*

*Dennis Warren - Founding Teacher
Sacramento Insight Meditation*

Saturday, June 30, 2018

Those pre-registering will receive a set of questions and an experiential exercise to work with prior to the one day retreat. Register at www.SactoInsight.Org