

# **Sacramento Insight Meditation Young Persons Sangha**

Sacramento Insight Meditation teacher Diane Wilde has volunteered to sponsor a group for young people who are interested in learning more about addressing life's challenges through insight meditation. Topics will be relevant to the concerns younger sangha members face.

The group will develop if there is sufficient interest.



If you would like to learn more or take part, please contact Idris at [idris.ahmed54@gmail](mailto:idris.ahmed54@gmail.com) or [info@sactoinsight.org](mailto:info@sactoinsight.org)