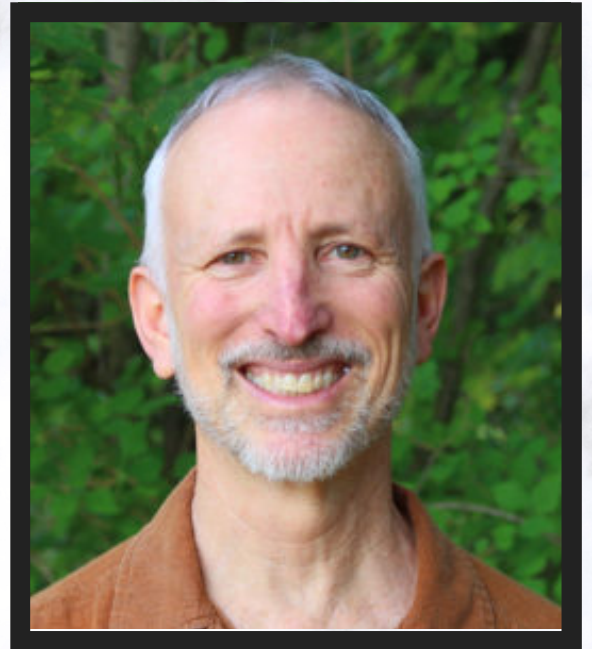


A 2019 event hosted by Sacramento Insight Meditation
Join us for a special Thursday evening
Sit and Dharma talk with
Visiting Senior Teacher Greg Scharf

Mindfulness of Mind :

This talk explores our direct experience of the mind as process, as well as offering reflections for the practical application of the Buddha's instructions in the Satipatthana Sutta, one of the most revered teachings in the Pali Canon and one which forms the Buddha's single most comprehensive set of instructions for Vipassana Meditation.

Beginning and experienced meditators are welcome



Greg Scharf, an Insight Meditation Society guiding teacher, has practiced with Western and Asian teachers in the Theravada tradition since 1992. He has been teaching residential retreats since 2007, including the annual Three-Month Retreat at IMS. Greg's love of nature and the outdoors deeply informs both his practice and teaching.

Thursday December 5, 2019
7:00 PM to 9:15 PM

Sacramento Dharma Center
3111 Wissemann Drive,
Sacramento, CA 95826