



DAY-LONG RETREAT WITH DIANE WILDE

Tangled in Thought — How to beat
your mind at its own game

Sat, Jan 25, 2020 | 9 AM to 3 PM

Sacramento Dharma Center

3111 Wissemann Dr, Sacramento, CA

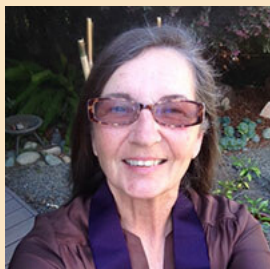
Registration available online at

www.sactoinsight.org

Sliding scale \$15 to \$35

It's the New Year, the first retreat of 2020, and perhaps we made the resolution that this is the year where we are really going to develop a meaningful meditation practice.

For many of us, the challenge for developing an ongoing meditation practice is the inability to let go of thought. Memories, plans, past and future... all seem to take us away from that perceived "blissful state" we long for. The good news is that we can actually work with the thinking process and incorporate it into our meditation practice. We will discuss our practice as well as strategies for working with "thinking". Please bring your lunch.



Diane Wilde studied meditation in various traditions since 1990. She is a graduate of Sati Center's Buddhist Chaplaincy program and graduated from Spirit Rock Meditation Center's Community Dharma Leadership Training Program.