

A person is walking away from the viewer down a dirt path that leads into a dense forest of trees with vibrant red foliage. The path is flanked by tall grasses and the trees form a canopy overhead, creating a sense of depth and tranquility. The lighting is soft, suggesting an overcast day or early morning/late afternoon.

# A Year to Live

## a practical course on living and dying

A twelve month study group where we learn to live our lives with more ease and compassion, and accept with equanimity our own deaths and the deaths of others.

**We all die.** The Buddha advised that this truth should be a daily contemplation in order to understand that the lives of all sentient beings have a beginning, middle and an end. Coming to terms with the reality of life brings ease, gratitude for our lives, and compassion for ourselves and others.

**Registration:** \$35 (A refund of the registration fee will be given if the date/time do not work with your schedule.)

**Schedule:** 2021-2022 schedule TBD due to pandemic

**Where:** In person (mostly) at the Sacramento Dharma Center

**Attendance:** Commit to attend the monthly meetings and complete assignments. Exceptions are for travel and illness

**Resources:** “A Year to Live” by Stephen Levine plus other books, movies, documentaries and occasional speakers

**Contact:** [diane@sactoinsight.org](mailto:diane@sactoinsight.org)

*Class size will be limited. Sign up as soon as possible*