

SIX-WEEK BEGINNING MEDITATION COURSE

A hands-on experiential program for beginners as well as those more experienced meditators who are interested in revisiting and working with their meditation skills.

Learn the basic techniques of Insight Meditation (Vipassana), both during sitting meditation and in daily life. This is insight meditation that has been handed down from the time of the Buddha. This course is intended as an introduction to the practice of meditation as it is taught at the Sacramento Insight Meditation (SIM) group. As an introduction to meditation it is meant to support and encourage you to take up the practice of meditation and to see if meditation is a worthwhile activity in your life. Insight meditation does not require any belief system or adherence to any philosophy or religion.

format: Hybrid (in-person and/or online)

where: 3111 Wissemann Drive, Sacramento, CA (or Zoom)

when: Six Wednesdays, 7:00 PM to 9:00 PM on Jan 18, 25, Feb 1, 8, 15, 22, plus a retreat on Saturday, Feb 18, 2023, from 9:00 AM to 4:00 PM

register: fee is \$35. Visit www.sactoinsight.org or email registrars@sactoinsight.org

