



A Year to Live

A PRACTICAL COURSE ON LIVING & DYING

A twelve month study course 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 will 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: \$50, \$75, or \$100

2025 Schedule: January through December, third Sunday of each month at 2pm. There will be an introduction to the course from 2 - 4pm on December 22, 2024 at the Sacramento Dharma Center.

Where: In person at the Sacramento Dharma Center.

Attendance: You must commit to attend the monthly meetings and complete all assignments. Exceptions are for travel and illness.

Resources: The book "A Year to Live" by Stephen Levine, sutras, other relevant books, articles, movies, documentaries and guest speakers.

Class size: will be limited. **This class has filled up quickly in the past. Sign up as soon as possible.**

Teacher information: <https://sactoinsight.org/about-us/faculty/>

Contact the teacher for additional information: diane@sactoinsight.org