

Easing Awake Program Schedule -- Winter, 2019

JANUARY – Theme: *Wise View*

- 1 “Forgiveness and Letting Go; Starting the New Year Fresh” – led by Doug Kraft
- 8 Guest Speaker: Bruce Pardoe – “Heart Fluency”
- 12 **2nd Saturday Journey Group:** 8:30 - noon
- 15 Member-led Program: Becky Ryen – “Wise View”
- 22 Member-led Program: Judy Bell & Jamie Gutheil – “What Brought you to Sangha?”
- 25 **Experienced Meditators’ Group:** 12:00 pm–2:30 pm., UUSS Library every Fri. for 8 wks.
- 26 **4th Saturday Walk in Nature & Sitting Meditation** – Lance Ryen, Effie Yeaw Nature Center, 9 AM
- 29 Sharing Our Meditation Practice: led by Doug Kraft

FEBRUARY – Theme: *Wise Intention*

- 5 Member-led Program: Karin Richardson – “Wise Intention”
- 9 **2nd Saturday Journey Group:** 8:30-noon
- 12 Opening to Meditation with Sound
- 16 **3rd Saturday Walk in Nature & Sitting Meditation** – Lance Ryen, Effie Yeaw Nature Center, 9 AM
- 19 Sharing Our Meditation Practice: led by Doug Kraft
- 26 Member-led Program: Claudia Carey – “Sharing My Spiritual Path”

MARCH – Theme: *Skillful Speech*

- 5 Member-led Program: Joan Shepard – “Skillful Speech”
- 9 **2nd Saturday Journey Group:** 8:30 - noon
- 12 Sharing Our Meditation Practice: led by Doug Kraft
- 16 **3rd Saturday Walk in Nature & Sitting Meditation** – Lance Ryen, Effie Yeaw Nature Center, 9 AM
- 19 Guest Speaker: Dr. Rick Maddock – “Emptiness and Perception”
- 26 Extended Sitting: Walking & Sitting Meditation for the whole evening – led by Doug Kraft

NOTES:

Tuesday sessions are 6:30-8:30 pm at the Unitarian Universalist Society Fahs Classroom at 2425 Sierra Blvd. in Sacramento and begin with a 45-minute sitting.

2nd Saturday Spiritual Integration Journey Group sessions are 8:30 am - noon at 1126 McClaren Drive in Carmichael and begin with a 1-hour sitting.

3rd Saturday Walk in Nature & Sitting Meditation: Meet Lance Ryen in the Effie Yeaw Nature Center parking lot at Ancil Hoffman Park in Carmichael on Saturdays at 9am, rain or shine, for a mindful walk on the nature trails and a 45-60 minute sitting in the park. Bring your own chair for the sitting, or Lance will have some extras.

Check the Easing Awake website for additional information www.dougkraft.com