

Inner Heart

DeLam

Photo by Stijn Dijkstra

The Sweet & Swift Path

Study & practice Lobsang Chukyi Gyeltsen's steps on the path using his insightful instructions & devotional meditations.

Online with Cindy Lee (More info: cindylee.org)

Those in Sacramento can meet in-person at **Diamond Light**

Each Tuesday in September, 6:30-8:30pm

Plus: Non-residential weekend retreat
Friday 30th Sept. - Sunday 2nd Oct.

COST: Tuesday Classes: Suggested donation of \$10-\$20
No one turned away due to lack of funds.

Retreat: Sliding scale \$80-\$150

INFORMATION & REGISTRATION

w: diamondlightsac.org / e: diamondlight.sac@gmail.com

Sierra 2 Center - 2791 24th Street, Room 14, Sacramento CA 95818.

