



[Click to view this email in a browser](#)

The Spark

March 2019



Dear Friends,

The March monthly Arden-Dimick Library Chair Yoga and Meditation session will be held Wednesday, March 27th.

There is still room in the two workshops at the Bread of Life: ***Chair Yoga and Meditation***, and ***Establishing a Meditation Practice***. Class size is limited at the [Bread of Life](#). Registration ensures your spot in the class.

In Early February, the Arcade Library asked me to give a presentation on Mindfulness and Self-Care to a group of teenagers. About 20 teens attended! It was fun to share a simple mindful minute meditation, working with the breath, and other self-care tips.

I am now retired from my I.T. career at the Franchise Tax Board. The FTB Employee Assistance Program has invited me back to continue monthly chair yoga for the employees. Chair yoga seems to be in demand!

In March, I will be attending the [Climate Reality Leadership training](#) in Atlanta. Stay tuned! When I return, I will share what I have learned.

Blessings,

Marilyn L. Buehler, M.Div.

Spiritual Director

Radiant Light Spiritual Direction

916-812-9496

marilyn@radiant-light.org

<http://www.radiant-light.org/>

Chair Yoga and Meditation

Harmony for Mind, Body, and Spirit

4th Wednesday each month at 6:30 pm to 8:00 pm:

- ***February 27th***
- ***March 27th***

Arden-Dimick Library, Community Room at Watt and Northrop Avenues, Sacramento, CA

Each meeting includes:

- **Simple Chair Yoga for beginners** (*If can sit, you can do this!*)
- **Easy meditation for relaxation**
- **Short talk on a health and wellness topic**

February wellness topic: The Breath. Learn gentle breathing techniques to relax, balance your energy, and ease into meditation.

March wellness topic: You are enough!

(If you arrive after 7:00 pm, the library will be closed. Enter through the Community Room door--on the Northrop side of the library.)

Chair Yoga and Meditation at the Bread of Life Center

- **Tuesday, February 26th, 2019**
- **Tuesday, March 26th, 2019**

Bread of Life, 1260 Fulton Ave. Suite A, Sacramento, CA

\$10 for each session - Pre-register with the Bread of Life at (916) 648-1803.

This will be a one-hour class with about 30 minutes of chair yoga and a 10 minute meditation.

Each meeting includes:

- **Simple Chair Yoga for beginners** (*If can sit, you can do this!*)
- **Easy meditation for relaxation**

Establishing a Meditation Practice at the Bread of Life Center

Monday, February 25th 6:00 pm to 8:00 pm

Bread of Life, 1260 Fulton Ave. Suite A, Sacramento, CA

Fee is \$25.00 - Pre-register with the Bread of Life at (916) 648-1803.



Are you interested in establishing a meditation practice? This class takes a simple approach to meditation and helps to dispel misunderstandings about meditation. Experience several methods of meditation. Learn to relax and regenerate your energy.

Participants will experience several meditation techniques. Any questions about meditation will be explored and discussed. Learn guidelines for a daily meditation practice which are universal to most meditation, contemplative, and prayer practices. No experience necessary.

Spiritual Direction at the Bread of Life Center

I am a member of the [Spiritual Director team](#) at the [Bread of Life on Fulton near Hurley](#). [Spiritual Direction](#) sessions are available during the week day at the Bread of Life. For those who would like to meet in person, this location provides convenient parking.



“One of the deepest longings of the human soul is to be seen.”
John O'Donohue

Ponder This

If you send out goodness from yourself, or if you share that which is happy or good within you, it will all come back to you multiplied ten thousand times. In the kingdom of love there is no competition; there is no possessiveness or control. The more love you give away, the more love you will have.

John O'Donohue, *Anam Cara: A Book of Celtic Wisdom*

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

[Click here](#) to forward this email to a friend

Radiant Light Spiritual Direction
Marilyn Buehler, M.Div.
2443 Fair Oaks Blvd. #212
Sacramento, California 95825-7684
US

[Read](#) the VerticalResponse marketing policy.

**vertical
response**
A DELUXE COMPANY
Free Email Marketing >>