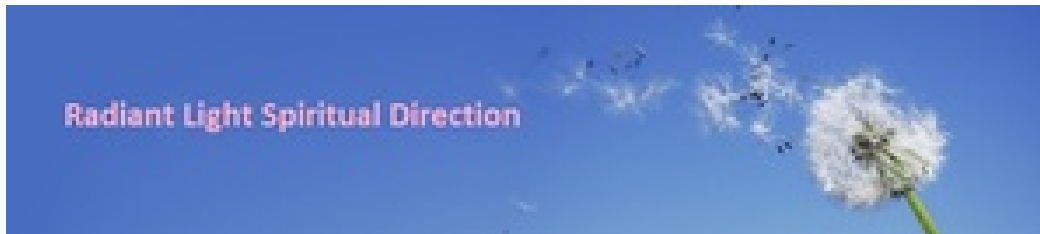




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The Spark

February 2020



Dear Friends,

Our monthly Chair Yoga and Meditation sessions resume each fourth Monday of the month. Our February meeting will be Monday, February 24th.

Also, in February, I will offer a class "Reconciliation of Opposites" at the Incarnation Monastery in the Berkeley hills.

Blessings,

Rev. Marilyn L. Buehler, M.Div.

Spiritual Director

Radiant Light Spiritual Direction

916-812-9496

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

Chair Yoga and Meditation

Mondays January 27th and February 24th at 6:30 to 7:30 pm

Arden-Dimick Library, Community Room, 891 Watt Avenue, Sacramento

Free and open to the public.

New time for 2020: Fourth Monday of each month from 6:30 pm to 7:30 pm

Simple Chair Yoga -- If can sit, you can do this!

Easy Meditation for Relaxation

- Chair Yoga is beneficial for seniors
- Decreases pain and fatigue
- Improves physical health
- Increases flexibility and mobility
- Good for the heart & circulation
- Yoga makes you happier
- Yoga brings more peace
- Classes offer community
- Chair Yoga is accessible for all abilities and levels of health

Reconciliation of Opposites

[Clearing the Shadow and Transcending Duality](#)

Saturday, February 22nd, 2020 at 9:30 to 12:30

[Incarnation Monastery](#), 1369 La Loma Avenue, Berkeley, CA

\$20

Do you sometimes feel stuck, or find yourself in the same situation over and over again? This workshop presents practical and liberating techniques to uncover and release the unconscious emotions and beliefs that may draw these situations to you.

As these states of mind come to light and are released, you will naturally find peace and balance. Learn to gently free yourself, and find balance through simple, powerful, and fast exercises for creating balance and harmony.

In a world torn apart by polarization, the course offers hope for a way of unity amidst diversity.

This class is based on [The Marriage of Spirit: Enlightened Living in Today's World](#) by Leslie Temple-Thurston.

<http://radiant-light.org/calendar/reconcillation-of-opposites/>

Ponder This

How old would you be if you didn't know how old you are?

Satchel Paige

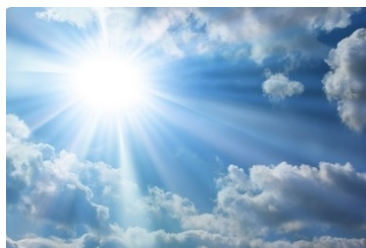
Earth Wellness Corner

Be inspired. Click here to read [The Lazy Person's Guide to Saving the World](#)

Spiritual Direction at the Bread of Life Center

Spiritual direction is an opportunity to explore your relationship with the Sacred, with the Divine, with God. It can help to reveal the work of the Spirit in your life. I offer Spiritual Direction by Skype or Zoom, and at the [Bread of Life Center on Fulton near Hurley](#).

There is no fee for your first spiritual direction session, as this provides an opportunity for you to inquire and learn more how [spiritual direction](#) may be of value for you. Contact me if you are interested in learning more.



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