



# SACRAMENTO DHARMA CENTER

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- ❖ **LEARN TO MEDITATE**
  - ❖ **LEARN STRESS REDUCTION**
  - ❖ **LEARN HOW TO BE HAPPIER**
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Morning meditation, evening programs, weekend retreats.  
Visit the home of Sacramento Buddhist Meditation Group,  
Sacramento Insight Meditation, and Valley Streams Zen Sangha.

## DIRECTIONS

Near campus at **3111 Wissemann Drive**, off Folsom Blvd. behind  
Schools Credit Union. Hornet Shuttle Green Line: Folsom/Watt stop

**[www.sacdharma.org](http://www.sacdharma.org)**  
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**916-386-9844**