

Sonoma Satsang

2017

Silence and Music



Sundays, 2-4 p.m.

February 26 ~ April 23 ~ June 25 ~ October 29

Sonoma Shambhala Meditation Center

**255 W. Napa Street, Suite #G
Sonoma, CA 95476**

New Format: The first hour of our satsang will consist of silent sitting and live instrumental or vocal music, a few short readings from the world's great spiritual traditions, teachers, or poets, and chanting. Those who want to join us for the silence and music portion are free to leave after the first hour, but any who are interested are invited to stay for the second hour to share in discussion and to listen from Silence.

Facilitated by:

Dorothy Hunt, Spiritual Director of Moon Mountain Sangha, teaching at the request and in the spiritual lineage of Adyashanti. Founder of the S.F. Center for Meditation and Psychotherapy, author of *Leaves from Moon Mountain*, *Only This!*, and a contributing author to *The Sacred Mirror*, *Listening from the Heart of Silence*, and the online journal, *Undivided*. Her teaching blends Zen and Advaita with a deep welcoming of the human expressions of the Mystery.

www.dorothyhunt.org