



For Goodness Sake

Weekly Class Information



All classes listed here are free!

530-550-8981 or www.goodnesssake.org
10157 Donner Pass Rd, Historic Downtown Truckee, CA 96161

Monday:

5:00 - 6:30pm

T'ai Chi Chih with Chris Worcester

6:30 - 7:30pm

Monday Night Meditation with Jon L.

Tuesday:

10:00am - noon

Wisdom Circle with Cheri Taranowski

12:15 - 1:00pm

Simply Sitting Meditation with Breeze Cross

4:30 - 5:45 pm

Afternoon Meditation led by Leisa Peterson

6:30 - 8:00pm

A Course in Miracles with Richard Mallett

6:30 - 8:00pm

Radical Well Being Book Study with Dinny Evans

Wednesday:

10:00 - 11:30am

Attitudinal Healing with Dinny Evans

12:15 - 1:15pm

Falun Gong with Andy Ellsmore

5:00 - 6:00pm

Mindful Parenting Group led by parents.

6:30 - 8:00pm

Artists Way Task Group with Kira Catanzaro

Thursday:

10:00 - 11:30am

The Vein of Gold with Kira Catanzaro (Class Full)

12:15 - 1:15pm

Lunchtime Meditation (Chakra Balancing) with DeeDee Boies.

Every alternate week will be **Yoga Nidra** (see website calendar)

4:45 - 6:00pm

The Infinite Way Group with Erika Priman (downstairs)

5:00 - 6:15pm

Women Who Run with the Wolves with Kimball Pier, MFT (upstairs)

6:30 - 8:30pm

Ascension: The Power of Understanding with Christian Steele

6:30 - 8.30pm

Science and Health Study Group with Robin Parker

Friday:

8:30 - 10:00am

Abraham-Hicks Group with Dinny Evans

10:30 - 12:00pm

Fundamentals of Buddhist Practice with Phyllis Matyi

Two weeks of the month via Skype, when available, please check the calendar!

Saturday:

Special Events and Workshops (see website calendar)

Sunday:

2:00 - 3:00 pm

Community Chod Practice with Polly M. Ryan MFT (2nd Sunday of Month)

3:00 - 5:00pm

Truckee Kapala Mandala Meditation Group with Polly M. Ryan MFT

Classes are subject to change, so make sure to check for e-mail updates, or give us a call!