

Dharma Chautauqua

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This group reflects a free and open-minded inquiry into important fundamental questions: How can we live mindfully and with greater clarity? Have acceptance of the inevitable challenges? Experience happiness?

We can find **our way home** by engaging the transformative practice of Vipassana (insight) meditation.

More information?

DHARMACHAUTAUQUA.DRYCREEKHOST.NET

Thursdays 6:00-7:30PM

First Unitarian Church
3114 Harney St, Omaha
(Enter through South SIDE door)

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