

Buddhist monk at Mountain Yoga

American Buddhist monk Venerable Sumati Marut returns to Mountain Yoga in South Lake Tahoe April 6 from 7-9pm with his talk "Aspiration and Acceptance: When to Work Hard and When to Relax in the Spiritual Life."

Marut has been teaching in the Lake Tahoe area on a regular basis for more than five years. Marut will address the deeply intimate and often difficult relationship between discipline and relaxation in a spiritual practice.

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Cost: By donation only