Buddhist monk at Mountain Yoga in SLT

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

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