



Mountain Stream Meditation
Insight Meditation & Mindfulness Course
Open to All Levels of Meditation Interest

5 Evening Classes

Tue, Oct 1 – Tue, Oct 29, 2019

6:00 - 7:30 pm

Unity of Auburn, 1212 High Street, Auburn, CA

Whether you are an experienced or beginning meditator, you will find this course rich with material to establish and/or deepen your practice.

Insight Meditation cultivates tranquility, concentration, open-heartedness and seeing clearly into our present moment experience. This course can be taken multiple times for those who want to inspire, deepen or refresh their practice. The sessions include meditation instruction, periods of sitting, discussions and teachings drawn from the ancient Buddhist tradition. Particular emphasis is placed upon embodied and direct experience of the teachings that can impact your day-to-day life.

The Insight Meditation & Mindfulness Course is led by Maeve Hassett. Maeve has completed a two-year leadership training at Spirit Rock Meditation Center in Marin and has been teaching and leading this course for over 15 years in Auburn, Roseville/Rocklin and Nevada City. She will be joined by other long-time teachers and practitioners at times during the series.

The cost for the entire five sessions is a sliding scale of \$50 - \$65. Please give what you can within this range, but no one will be turned away for lack of funds. Discuss any concerns about payment when registering. Pre-registration is requested for planning purposes. To guarantee your place in the class, please mail us your registration fee at least 7 days prior to the start date.

There will be an opportunity to make a donation (a practice of giving & receiving referred to as *dana* or generosity) to the teachers, since our teachers are not compensated for their time or expenses for presenting this Insight & Mindfulness course. It's a Buddhist tradition to offer these precious teachings and for the community to support the teachers in return.

For Information & Registration: maeve@mtstream.org
or call her during business hours: 530-305-2142



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www.mtstream.org