

Daylong

Susie Harrington

Nevada City, CA

Sunday, July 26 2009

9AM to 5PM

One of the synonyms often given for the word Dharma is nature. The Dharma can be realized by exploring nature and vice versa. In this daylong, Susie Harrington will introduce various approaches to meditation practice, which include nature as a support to insight and awakening. This silent Vipassana (insight meditation) daylong will consist of alternating periods of sitting and walking meditation, other movement practices, instructions and the opportunity for individual visits with the teacher. A Dharma talk will be given. The daylong is appropriate for both beginning and seasoned meditators.

This daylong retreat takes place in a wooded setting on the land of a community member in Nevada City. There is a pond to cool off in should the desire arise. An optional potluck will follow.

Please bring a bag lunch and anything you may want to drink during the day. Also please bring a meditation cushion or chair, yoga mat or pad to lie on, sun hat, bathing suit, insect repellent, or anything else you think you may need.

The cost of the daylong is \$20, which covers our overhead expenses. Donations for the teachings, which are offered freely, are graciously accepted. On this day, in appreciation and care for our friend and teacher John Travis, dana offered will go to his medical expenses.



Susie Harrington has been meditating since 1989 and has been engaged in Insight meditation practice since 1995. Teaching since 2005 under the direction of her teachers Guy Armstrong, Jack Kornfield and Tory Capron, she has also been influenced by Advaita Vedanta and Dzochen teachers. She is a graduate of Hakomi Therapy (a somatic psychotherapy modality) and of the Community Dharma Leader training program at Spirit Rock. She has been an outdoor professional for over 30 years, including years as a river guide, mountaineering guide and backcountry ranger.

For info, registration and directions contact

Paul Steege: 530-292-3746
Otis Wollan: 530-320-6841



Mountain Stream Meditation Center
www.mtstream.org