

2 Daylongs, 9:30-5:00

March 17 - 18

Marv Treiger

Mercy Center, Auburn, CA

Sat: Mindfulness of Breathing

Sun: Awareness of Awareness

March 16, Friday Evening Talk, 7:00PM

Canyon Spirit Yoga Center, Auburn

Marv Treiger will lead two vipassana Buddhist meditation daylongs. These are independent daylongs, but may also be taken as one leading into the next.

On Saturday, March 17, the topic will be ***Mindfulness of Breathing***. Marv will explore many interesting aspects of this primary vipassana practice, including the Contemplations on the Body from the Buddha's Anapanasati Sutta.

On Sunday, March 18, Marv's topic will be ***Awareness of Awareness***. He will emphasize the practice of Wise Concentration.

Also, on Friday evening, March 16, Marv will give a talk open to the public at 7:00 PM at Canyon Spirit Yoga Center, in Auburn. All are welcome.

Marv Treiger has meditated with emphasis on Shamatha, the Four Immeasurables, Jhana, and Insight (vipassana) since 1993. He maintains a private psychotherapy practice in Los Angeles and is an adjunct faculty member



at Antioch. He has led numerous retreats and workshops on concentration, on impermanence and on relationships.

Marv is known for the clarity and humor of his teachings and is an exceptionally clear and vibrant teacher. You will leave with many practice gems.

These daylongs will be held at the Mercy Center in Auburn, CA. Please bring a bag lunch and something to drink during the day. Wear loose and comfortable clothing. You are welcome to bring meditation pillows/cushions/shawls or anything you need for comfortable sitting. Chairs, zafus, zabutons and benches will be provided.

The registration fee for the day is sliding scale \$25 to \$40 or \$55 for both days. No one is ever turned away for lack of funds. To ensure a space, pre-registration is recommended and encouraged. Registrations are being accepted for one day or for both days.

In keeping with the Buddhist practice of dana (generosity), participants are welcomed to freely offer dana to the teacher.

To Register:

Contact: SusanS@mtstream.org

Mountain Stream Meditation Center
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