



Mountain Stream Meditation Center

Presents

Introduction to Meditation IN ROSEVILLE

A Beginning Course in Insight Meditation Practice

There will be instruction, practice and discussion. Meditation practice cultivates tranquility, concentration, and open-heartedness. These teachings are drawn from the rich Buddhist tradition. Attendance at all five sessions is encouraged. The course is suitable for beginners and also for those with experience who wish to revisit the basics.

Cost: \$35 - \$45 sliding scale for the series
No one will be turned away for inability to pay.

5 consecutive Tuesdays

5:30to 7:00PM

Feb 28 - March 27

Roseville Library

225 Taylor Street, Roseville, CA

Led by

Mary Helen Fein & Maeve Hassett

All are welcome.

Call for More Information or Directions
maryhelen@mtstream.org, maeve@mtstream.org

530-887-9400, 530-887-1573

No advance registration required



www.mtstream.org



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