



Mountain Stream Meditation Center

Presents

Introduction to Meditation In Nevada City 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

7:30 - 9:00PM

April 3 - May 1

The Core Movement Center
580 Searls Avenue, Nevada City
(Next door to Wild Mt. Yoga)

Led by

Heather Sundberg & Paul Steege

All are welcome.

Call for More Information
Please register in advance if possible
registrar@mtstream.org
530-292-3746
www.mtstream.org



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