

Daylong

Yoga & Meditation

Sunday, Feb 5 10AM to 4PM
Mercy Center, Auburn, CA
Mary Helen Fein, Maeve Hassett
David Judd & Susan Whitaker

Please join us for a day of yoga and meditation sitting, co-sponsored by Mountain Stream Meditation Center and Canyon Spirit Yoga Center. Interspersing periods of yoga practice led by Susan Whitaker with meditation teaching and practice led by Mary Helen Fein, Maeve Hassett and David Judd, the day will allow our minds and bodies to settle and our hearts to open to inner wisdom.

Susan Whitaker is the owner of Canyon Spirit Yoga Center. She has been studying and teaching yoga since 1973 and continues to enjoy lifelong learning from her students, her meditation teachers, and ongoing yoga workshops.

Dave Judd, Mary Helen Fein and Maeve Hassett are all experienced meditators and meditation teachers. Dave Judd studied Philosophy (Asian Thought) in San Diego, California. He was a Chinese Linguist in the Army. His interest in meditation and eastern philosophy blended with many years of practice in the martial arts. Dave is now a Buddhist chaplain, meditation teacher, and hospice volunteer in Auburn, California.

Mary Helen Fein has been meditating since 1993. She has been teaching meditation for 8 years. She has completed the 3-year Spirit Rock Meditation Center Community Dharma Leader training, and is currently pursuing Spirit Rock's 2 ½ year study program, the Dedicated Practitioner Program.



Maeve Hassett has been practicing and studying Buddhism and meditation since 1993 and throughout her adult life has pursued an interest in spiritual development. She completed Spirit Rock's Dedicated Practitioners' program in 2005 and went on to complete the Community Dharma Leader program in 2008.

This daylong will be held at the Mercy Center in Auburn, CA. Please bring your own yoga mat, a bag lunch and anything you may want to drink during the day. Coffee, tea and cookies will be provided. 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 on a sliding scale from \$25 to \$35. No one is ever turned away for lack of funds; please ask the registrar if you need a reduced rate. To ensure a space, pre-registration is recommended and encouraged. Dana (donations) for the teachers will be gratefully accepted, giving participants the opportunity to freely engage in the practice of generosity.

To Register:
Contact Linda 530-878-2138
linda@mtstream.org



Mountain Stream Meditation Center
www.mtstream.org
Canyon Spirit Yoga Center
www.canyonspirityoga.com

