

Daylong

Buddhism in the Body

Ajahn Thanasanti

Sunday, March 28, 2010

9:30am - 4pm

Auburn, CA

Evening Talks/Private Interviews

Mon & Tues, March 29 & 30

Auburn & Nevada City

Mountain Stream Meditation Center is pleased to host Ajahn Thanasanti. She will lead a daylong retreat in Auburn, CA. The theme for the daylong is Buddhism in the Body, an exploration of Buddhist principles as a body experience, as body realization and body understanding.

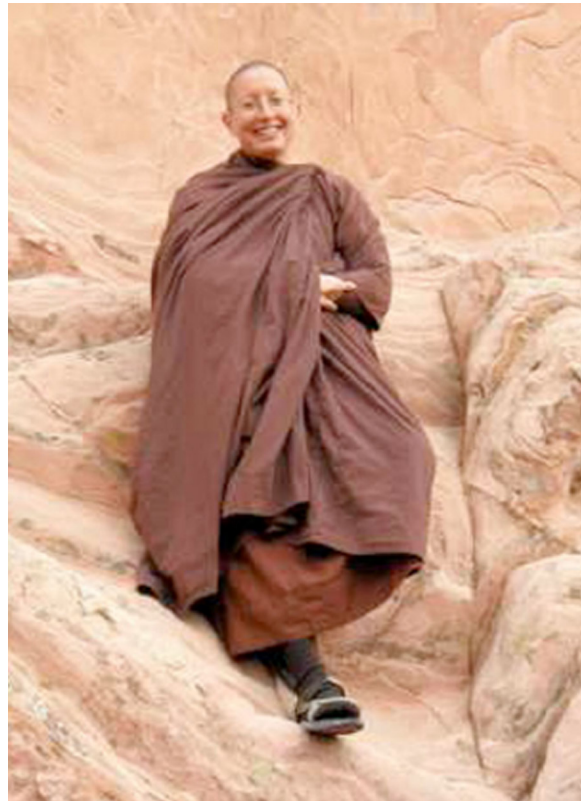
Please wear loose and comfortable clothing.

Cushions are available or bring your own. Bring a bag lunch including (if you wish) something to share with Ajahn Thanasanti. She will bless the food and the giver. Microwave and refrigerator available.

Ajahn Thanasanti was born in California. She has 30 years experience with Insight Meditation and joined Amaravati Buddhist Monastery in 1989 receiving ordination in 1991. In 1987 she went on a pilgrimage to India, Nepal and Thailand to meet many meditation masters. As part of her monastic life, she has spent extensive time in retreat in the remote bush of Australia.

For the last several years, Ajahn Thanasanti has been involved in the leadership team and guidance of the nuns community at Chithurst, England. Since 1996 her community and monastic responsibilities have been interspersed with teaching intensive meditation retreats in the US, UK, Switzerland and Australia.

In order to pursue her vision of how monastic and lay practitioners can work together to create viable communities for practice in the US, she has taken the significant step of letting go of formal affiliation with Amaravati. She currently lives on faith according to the ancient principle of alms mendicancy and is based in Colorado Springs. Her interests are awakening compas-



sion and wisdom to integrate insight into the whole human condition. She uses essential Buddhist non-dual teachings, devotional practices and respect for nature as skillful means.

Cost for the daylong is \$20. Dana for Ajahn Thanasanti's priceless teachings will be gratefully accepted. Early registration is encouraged.

Ajahn Thanasanti will also speak at the Monday night sitting group in Nevada City at Wild Mt. Yoga Center and at the Tuesday night sitting group in Auburn at Canyon Spirit Yoga Center. She is available for private interviews on Monday and Tuesday, by appointment.

The daylong retreat will be held at the Mercy Center, 535 Sacramento Street, Auburn, CA.

To Register:

Susan: susan@mtstream.org

Linda: linda@mtstream.org

Or call 530-878-2138

Mountain Stream Meditation
Center

www.mtstream.org

Website for Ajahn Thanasanti:

www.awakeningtruth.org



Directions

Mercy Center
535 Sacramento Street
Auburn, CA

From Grass Valley/Nevada City

Take Highway 49 through Auburn to the intersection at Lincoln Way. Right onto Lincoln. At next light, turn left onto Auburn-Folsom Road. Go through 3 lights, then turn left onto Sacramento St.

From Sacramento or San Francisco

Take I-80 E towards Reno. Exit at Newcastle Road. Proceed straight through stoplight and continue about 2.5 miles to stop light. Turn left onto Auburn-Folsom Road and then turn right at 2nd light onto Sacramento St.

From Reno/Lake Tahoe

Take I-80 W to Hwy 49 Grass Valley/Placerville Exit. Bear right onto Hwy 49. Turn right onto Lincoln Way. Proceed to next light, and turn left onto Auburn-Folsom Road. Go through 3 lights (about 1.5 miles), and then turn left onto Sacramento Street.

From Placerville

Take Hwy 49 through Coloma, Cool and into Auburn. As you come up from the canyon into Auburn, stay straight and go under the train bridge. Stay in the left lane and follow High Street through downtown until it intersects with Auburn -Folsom Road. Turn left onto Auburn-Folsom Rd. Go to third light and then turn left onto Sacramento St.

From Folsom

Take Auburn-Folsom Road east to Auburn. Turn right onto Sacramento St.