



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 for the series

No one will be turned away for inability to pay.)

5 consecutive Tuesdays

5:30 to 7:00PM

April 6 - May 4

Maidu Library Activities Room

1530 Maidu Drive

Roseville, CA 95661

Led by Mary Helen Fein, Maeve Hassett & David Judd
All are welcome.

Call for More Information or Directions

No advance registration required

530-887-9400

530-878-1332



www.mtstream.org



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