

Mountain Stream Meditation Presents

**Introduction to Insight Meditation**  
**Four Consecutive Evenings plus Saturday Afternoon**  
**Tuesday, October 31 - Friday, November 3, 2017**

**7:00 to 8:40pm**

**Half Daylong, Saturday, November 4**

**1:00 to 5:00pm**

Nevada City Insight Center  
710 Zion Street, Nevada City, CA

The Introduction to Insight Meditation course will begin with Mt Stream's usual Monday night sit that is open to the entire community. The Intro class participants will attend each evening from Tuesday (10/31) through Friday (11/3), 7:00 - 8:40 PM. The course also includes a half day retreat on Saturday from 1:00 - 5:00 PM. The focus for the Saturday half day will be on awareness itself. The half day is available for anyone in the community to attend (cost for half day only is \$20.) The registration fee for all the evenings plus the half day retreat is a sliding scale of \$50 - \$65. No one will be turned away for inability to pay. Please ask the registrar for details regarding a scholarship.

Whether you are an experienced or beginning meditator, you will find this course rich with material to establish or deepen your practice. Particular emphasis is placed upon embodied, direct knowing of the teachings to immediately impact your day to day life. Each class will receive handouts covering the course teachings, and for those who are only attending the Saturday half [day there is a two-page document Mindlessness, Mindfulness and Mindful Awareness](#) which establishes a framework for the whole course.

The Intro to Insight series is taught by Bruce Pardoe. In 2017 Bruce completed a two-year Community Dharma Leadership training developed by Spirit Rock Meditation Center. Bruce has been teaching the introductory course at Mountain Stream twice a year for the past six years.

**For Information & Registration contact: Randy [randy@mtstream.org](mailto:randy@mtstream.org)**



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[www.mtstream.org](http://www.mtstream.org)