

**Mountain Stream Meditation  
Daylong with  
Heather Sundberg**

***Deeper Refuge: What Does It  
Really Mean to be 'All Right'?***

**Saturday, February 17, 2018  
10:00 am to 5:00 pm  
Nevada City Insight Center  
710 Zion Street, Nevada City, CA**



The inspiration for this daylong comes from the Bob Dylan lyric for the song 'Tryin' to Get to Heaven', which someone sent Heather recently in an email (there are dharma teachings everywhere!), which she has been reflecting upon ever since.

**I'm goin' down the river  
Down to New Orleans  
They tell me everything's gonna be all right  
But I don't know what "all right" even  
means.  
-- Bob Dylan**

In this daylong, we will reflect & practice with the theme "What Does it Mean to Be 'All Right'?" In the midst of a world of increasing speed, complexity & reactivity, we will take time on this winter day to re-access connection to a deeper sense of Refuge in our lives.

Teachings & practices will include mindfulness of the body & nervous system, the heart practices & how to recognize & release compelling thoughts & stories which limit our access to a deeper sense of Refuge.

This daylong will be held in Noble Silence and will include sitting & walking meditation, teachings, guided meditation & optional qi gong practice.



Heather Sundberg began teaching meditation in 1999. She has completed the four-year Spirit Rock / Insight Meditation Society Teacher Training. Beginning her own meditation practice in her late teens, for twenty-five years Heather has studied with senior teachers in the Insight Meditation and Tibetan traditions, and has sat 1-3 months of retreat a year for the last twenty years. She is a Teacher for Mountain Stream Meditation in the Sierra Foothills, and also teaches classes, daylongs and retreats nationally, especially at Spirit Rock Meditation Center. For more info visit:

[www.heathersundberg.com](http://www.heathersundberg.com) or [www.mtstream.org](http://www.mtstream.org).

To support a full day of practice please: bring a bag lunch, water bottle and wear loose comfortable clothing. You are welcome to bring your own cushion, (zafu/zabuton), pillow, shawl and whatever else is needed for meditation. A variety of cushions, blankets, folding chairs and benches are available at the Center.

The daylong registration fee is a sliding scale of \$35 to \$50. Pre-registration and payment are required to secure your space. The registration fee helps to cover Mountain Stream's costs.

In addition, there will be an opportunity to offer a financial contribution for Heather whose livelihood is sustained by the community she serves. All levels of offerings are received with gratitude.

**Registration & Information:**

[ariyele.ressler@gmail.com](mailto:ariyele.ressler@gmail.com)

Mountain Stream Meditation  
[www.mtstream.org](http://www.mtstream.org)

