



Mountain Stream Meditation
Insight Meditation & Mindfulness Course
Open to All Levels of Meditation Interest
5 Consecutive Wednesdays
Wed, March 13 – Wed, April 10
6:00 -7:30 pm

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

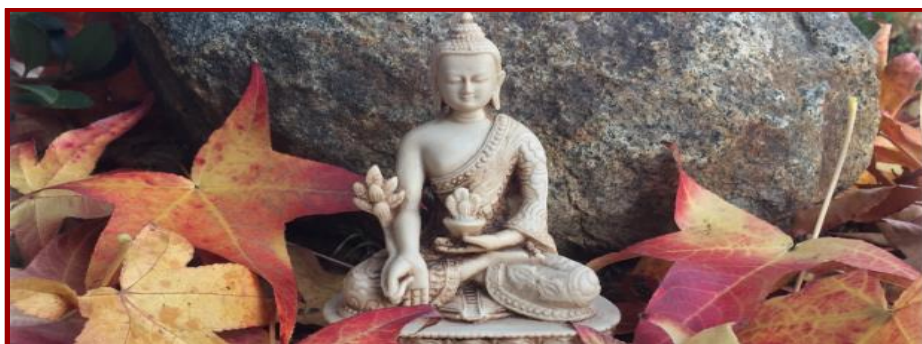
Whether you are an experienced or beginning meditator, you will find this course rich with material to establish and/or deepen your practice.

Insight Meditation cultivates tranquility, concentration, open-heartedness and seeing clearly into our present moment experience. The course sessions include meditation instruction, periods of sitting, discussions and teachings drawn from the ancient Buddhist tradition. Particular emphasis is placed upon embodied and direct experience of the teachings that can impact your day-to-day life.

The Insight Meditation & Mindfulness Course is being taught by Bruce Pardoe. Bruce has been offering Dharma talks at Mountain Stream since 2010 and has been leading the Insight Meditation & Mindfulness Course twice a year since 2011. He is a graduate of the 2-year Community Dharma Leadership training at Spirit Rock and has sat numerous 1-3-month long retreats. All combined, Bruce has spent over two years in silence and has developed essential insights into the Buddha's teachings.

This course can be taken multiple times for those who want to inspire, deepen or refresh their practice. Each class will receive handouts covering the course teachings. The cost for the entire five sessions 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.

For Information & Registration: randy@mtstream.org



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www.mtstream.org

