

Mountain Stream Meditation



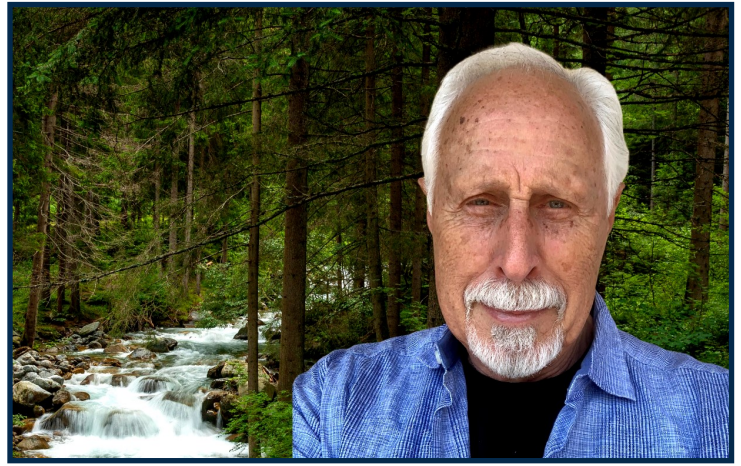
In Person Daylong with

Dennis Warren

Sunday, February 25, 2024

9:30 am - 4:00 pm

Nevada City Insight Center
710 Zion St, Nevada City, CA 95959



Uncertainty, Confusion, Doubt and Disappointment

Why does our progress in practice, and the use of practice in everyday life, seem to stall and lose its value or power? Our experiences can result in uncertainty, confusion, doubt and disappointment.

This daylong retreat will involve a relaxed exploration of these questions and potentially troubling states of mind. Participants will explore a number of recommendations for working more skillfully with them.



Bio: **Dennis Warren** is the founding teacher of Sacramento Insight Meditation. He has maintained a daily meditation practice in the Theravadan Buddhist tradition for over 30 years. Since 1998, Dennis has taught Insight Meditation and mindfulness practices in residential retreat, educational, medical, corporate and community settings.

He is a Volunteer Clinical Professor in Mindfulness in the Division of Pain Medicine at the UC Davis School of Medicine and Medical Center. He is certified as a Mindfulness Teacher, Professional Level (CMT-P), by the International Mindfulness Teachers Association. He is a graduate of the professional trainings in Mindfulness Based Stress Reduction and Mindfulness Based Cognitive Therapy for Depression, and a graduate of the Spirit Rock Meditation Center's Dharma leaders training program. For more about Dennis, visit

<https://sactoinsight.org/about-us/faculty/>

Pre-registration is required

To register, contact juanita@mtstream.org

Cost: Registration sliding scale is \$60 - \$90. No one is turned away for lack of funds. Limited partial scholarships are available. Your registration fee helps to cover the cost to open our beautiful Village Temple (Nevada City Insight Center) and supports a portion of our administrative costs.

Dana: During the daylong, there is an opportunity to offer a financial donation to Dennis as part of the Buddhist practice of *dana* (the practice of giving and receiving). A basket will be available, as well as a link for credit card donations. All offerings are gratefully received.

What to Expect: The daylong will be "in person only" to include periods of teaching, meditation, and conversation.

Please bring a pen/pencil and paper, and a bag lunch. Details will be included in the registration information.

The day is appropriate for all levels of experience.

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www.mtstream.org/retreat-schedule

