

## Mountain Stream Meditation

Virtual 3-Part Series with  
Kirsten Rudestam

### Belonging to this Earth: EcoDharma Explorations for Personal & Planetary Wellness

3 Consecutive Wednesdays  
January 17, 24 & 31  
6:30 to 8:00 pm (PT)

**Mountain Stream** invites you to attend a 3-part series in EcoDharma explorations ~

Building community around climate change, inequality, social justice issues, and the dharma, while we explore together what it is to remember our own innate connection with life/the earth through the lens of the Buddha Dharma.



**Bio: Kirsten Rudestam** has been practicing vipassana meditation in the Theravadan tradition since 2001 and teaching since 2005. She has a PhD in Environmental Sociology from the University of California, Santa Cruz where she studied climate resilience and environmental justice. She has twenty years of experience offering field-based and classroom-based college courses in environmental studies and sociology, and is a facilitator for Joanna Macy's Work that Reconnects. She, Gil Fronsdal, and Susie Harrington are the co-founders and core faculty for the Sati Center's Buddhist Eco-Chaplaincy training program.

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Pre-registration is required

To register, contact [robyn.hennon@mtstream.org](mailto:robyn.hennon@mtstream.org)

**Cost:** Sliding Scale \$50 - \$75. Limited partial scholarships available

Registration includes all three days of the course series

**Virtual only:** Zoom meeting link to be provided once registered and payment received

**During the course series**, there will be an opportunity to offer a financial donation to Kirsten as part of the Buddhist practice of *dana* (the practice of giving and receiving)

A link will be available for credit card donations

Or offer a donation by check and mail to:

Mountain Stream Meditation

PO Box 2510, Nevada City, CA 95959



[more about  
EcoDharma series](#)