

## Mountain Stream Meditation

### Mindful Movement Series

**Wednesdays 6:30 - 7:45 pm**

**July 19 - September 27, 2017**

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



(photo © Meg Gawler)

On **Wednesday evenings**, come enjoy this new offering from Mountain Stream Meditation. Sessions start on Wednesday, July 19, 2017.

With the guidance of a movement and meditation leader, we will practice qigong, yoga, and other types of gentle, mindful movement (about 40 min.), opening to and connecting with the energy of the universe flowing through us. With our bodies and breath, we awaken ease, awareness, and tranquility. Next we'll practice sitting meditation (30 min.), allowing a further gentle opening of our bodies, hearts, and minds. In each session, our practice will be to embody and express the divine abode of fluid equanimity, first in motion and then in stillness.

Following is the session schedule (leader bios on the back of this page):

- |                                  |                             |
|----------------------------------|-----------------------------|
| ❖ Meg Gawler - Qigong            | July 19 & 26, August 2      |
| ❖ Mary Wade - Insight (Yin) Yoga | August 9 & 16               |
| ❖ Brian Arsenault - Yoga         | August 23 & 30, September 6 |
| ❖ Susan Marcus - Mindful Yoga    | September 13, 20, 27        |

Mountain Stream offers this program in the spirit of generosity (dana). We'll have the opportunity to express our own generosity through donations. There will be two dana baskets: one to support the Mountain Stream's, Nevada City Insight Center, and one to support the session leader.

## Mountain Stream Mindful Movement Leaders

### Meg Gawler

At the age of 21 Meg realized that, for her, sitting meditation was the ultimate dance, and she gave up a professional career in modern dance to become a disciple of the Zen Master, Shunryu Suzuki Roshi. She now practices in the Theravāda tradition, and has trained with Gil Fronsdaal and others. In 2011 Jack Kornfield authorized Meg as a Buddhist teacher. Since then she has been teaching meditation and leading retreats in both English and French in Switzerland and California. In 2017 she was awarded a Master's in Buddhist Studies, specializing in early Theravāda texts. Meg has also completed advanced teacher training in Qigong with Teja Bell, and has been teaching Radiant Heart Qigong since 2012.

### Mary Wade

Mary guides mindfulness meditation and yogic wisdom practices to restore our natural ease, awareness, balance, and joy. She has led Mindfulness-based Stress Reduction sessions since 1997 and Restorative and Yin Yoga sessions since 2011. Mary served as faculty at Commonweal retreat center, Mountain Yoga Studio, the Cancer Support Community, and in other settings. She is certified by Insight Yoga (Sarah Powers) and by the Yoga Alliance. Her personal explorations of meditation and yoga began in 1970. Through ongoing practice at home, with the Mountain Stream community, and in retreats and trainings, Mary gratefully receives the abundant blessings of dharma, Buddha, and sangha.

### Brian Arsenault

Brian began his journey of opening to the energetic mysteries of the body through dance. During his 10-year dance and musical theater career in NYC, he discovered yoga and meditation, and eventually began teaching fitness and yoga for the next 25 years. He has also led yoga retreats in California, Florida, Ohio, and in Costa Rica that specifically combined the practice of yoga with sitting meditation. This class will emphasize the movement of breath energy as it flows through the poses and informs the body/mind connection that we'll bring to the sitting practice. Along the way, Brian has studied with many amazing teachers and continues to find great joy in sharing the discovery of new pathways leading to the universal body of light, of which we all are a part.

### Susan Marcus

Susan has been teaching yoga since 2000 and became a certified yoga therapist in 2002. Her teaching is informed both by the nuances that helped her heal from disabling pain and injury as well as by the Dharma, which she has studied and practiced extensively. Rooted in mindfulness, yoga with Susan is essentially a moving meditation. Her classes are slow and gentle and suitable for all bodies and experience levels. She is also a certified Silver Age yoga teacher and has specialized in chair yoga and teaching otherly-abled populations.