

## Mountain Stream Meditation Daylong with Heather Sundberg

### Listen Deeply, Release the Struggle, & Respond with Compassion

**Sunday, February 10, 2019**

**10:00 am to 5:00 pm**

Nevada City Insight Center

710 Zion Street, Nevada City, CA



Developing the capacity to listen deeply is essential in today's loud and busy world. Honestly recognizing where we struggle and how to unwind and let go helps us to experience more peace and ease within a life. Bringing an attitude of compassionate presence to all the arisings and passings of our experience in the world supports connection with ourselves and others.

Enjoy a day of quiet sitting and walking meditation, allowing the body-mind to settle and the heart to open to an inner wisdom. In addition to insight meditation practice, Heather will offer teachings and guided meditations on the theme, as well as optional Qi Gong practice. There will be plenty of discussion about how to bring these teachings into our daily lives.

- In this daylong retreat, we will:
- Cultivate deep listening practices through the body, the heart and the sound of silence.
- Investigate reactive habits and patterns to support them softening and releasing.
- Dive deep into the world of empathy and balanced sense of caring for ourselves and others.

To support your 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.

Heather Sundberg began teaching meditation in 1999, completing a four-year Spirit Rock/Insight Meditation Society Teacher Training. She began her own personal meditation practice in her late teens and for the past twenty-five years, Heather has studied with senior teachers in the Insight Meditation and Tibetan traditions, and has sat 1-3 months of retreat every 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 and internationally. She is currently on the Teacher Council at Spirit Rock Meditation Center. For more info about Heather and Mountain Stream visit: [heathersundberg.com](http://heathersundberg.com) or [mtstream.org](http://mtstream.org).

The daylong registration fee is a sliding scale of \$35 to \$50. Pre-registration and payment are requested to secure your space. A limited number of work/study scholarships are available.

During the day, there will be an opportunity to offer a financial contribution for Heather, whose livelihood is supported by the community she serves. All levels of offerings are received with gratitude. Thank You.

**Registration & Information:**  
[robin@mtstream.org](mailto:robin@mtstream.org)

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

