

Mountain Stream Meditation/Nevada City Insight Center



710 Zion St, Nevada City, CA (530) 265-6111

2019 PROGRAM SCHEDULE & OFFERINGS

(Schedule subject to change. Visit www.mtstream.org for updates)

2019 Daylong & Half-Day Retreat Schedule:

<u>Month/Date</u>	<u>Day</u>	<u>Location</u>	<u>Teacher(s)</u>
Jan 12	Sat Half-day (1 -5 pm)	Nevada City Insight Center	Maeve Hassett
Feb 10	Sun	Nevada City Insight Center	Heather Sundberg
Mar 30	Sat	Mercy Center, Auburn	Mary Helen Fein & Maeve Hassett
Apr 13	Sat	Nevada City Insight Center	John Travis
May 5	Sun	Nevada City Insight Center	Dawn Scott
June 16	Sun Half-day (1 -5 pm)	Nevada City Insight Center	Michelle Reynolds
July 13	Sat	Nevada City Insight Center	Heather Sundberg
Aug 11	Sun	Nevada City Insight Center	Aloka Vihara Nuns
Sept 21	Sat	Nevada City Insight Center	John Travis
Oct 20	Sun	Nevada City Insight Center	John Travis
Nov 17	Sun	Nevada City Insight Center	Meg Gawler
Dec 7	Sat Half-day (1 -5 pm)	Nevada City Insight Center	TBD

2019 Residential Retreat Schedule:

Sun Jun 2 – Sun June 9	7 nights	Harmony Ridge (Nevada City)	Heather Sundberg
Sun Aug 25 – Sun Sept 1	7 nights	A Private Residence (Sierra City)	John Travis
Sat Oct 26 – Sun Nov 3	8 nights	Harmony Ridge (Nevada City)	John Travis

Schedule for Sitzings/Dharma Teachings & Other Programs at the Nevada City Insight Center

(Visit www.mtstream.org for details & additional programming)

Monday Night Sitting & Teachings	7:00 – 8:30 pm
First Monday of the Month – Beginner's Mind & Sitting Instructions	6:30 – 6:50 pm
Wednesday Night Ongoing Programs – Visit www.mtstream.org for current listings	
First Thursday of the Month – Sound Healing Meditation	6:00 – 7:00 pm
Open Temple Friday, Nevada City Insight Center, 710 Zion St	10:00 am – 2:00 pm
Enjoy: walking the labyrinth, spiritual library, 20-minute group sit. Visitors welcome.	11:30 – 11:50 am
Mon – Fri, 4/22 – 26, Spring Householder Retreat with John Travis @NCIC	7:00 – 8:30 pm
Mon – Fri, 9/16 – 20, Fall Householder Retreat with John Travis @NCIC	7:00 – 8:30 pm
Insight Meditation & Mindfulness Course, Nevada City & Auburn, CA	Spring & Fall
Schedule TBD - Visit www.mtstream.org	

To receive our monthly email program updates, contact Juanita@mtstream.org

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