

Mountain Stream Meditation



In Person Daylong

Dennis Warren ~ Teaching LIVE Nevada City Insight Center

710 Zion St, Nevada City, CA 95959

Sunday, August 13, 2023

10:00 am - 4:00 pm



Living on the Other Side of Suffering

The Historical Buddha taught that finding deep satisfaction, enjoyment and nourishing happiness is essential to living well and progressing on the path, as well as diminishing suffering. This one-day retreat will explore how Buddhist psychology, and specific teachings and methods, help us embody this way of understanding practice and life.



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. [read more](#)

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 bag lunch. Details will be included in the registration information.

Health recommendations and protocols will be updated and communicated, if needed.

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www.mtstream.org

