

Daylong Meditation Retreat

The Support of Compassion & Equanimity, Resilience & Patience

An Online Daylong Retreat with Heather Sundberg and Sacramento Insight Meditation

Developing the qualities of Compassion, Equanimity, Resilience & Patience are an important basic toolkit to nurture ourselves & others in today's world. As we connect with our experience from a place of spacious stillness and steadiness, we learn to meet the changing and challenging conditions we encounter with greater caring, patience and balance of mind. Enjoy a day of quiet sitting and walking meditation, which allow our body & mind to settle down and our hearts to open to an inner wisdom. In addition to insight meditation practice, Heather will offer teachings & guided meditations on the theme, as well as optional Qi Gong practice & discussion about how to live these teachings in our daily lives.

Saturday, May 30, 2020 @ 10:00 am - 3:00 pm



Register in advance at
www.sactoinsight.org/event/retreat-may-30/

Sliding scale \$15 to \$35

(No one will be turned away for lack of funds)



HEATHER SUNDBERG has taught insight meditation since 1999 and has completed the Spirit Rock/IMS Teacher Training. Beginning her own meditation practice in her late teens, for the last 25 years Heather has studied with senior teachers in the Insight Meditation (Vipassana) and Tibetan (Vajrayana) traditions and has sat 1-3 months of retreat a year for the last 25 years. She was the Spirit Rock Family & Teen Program Teacher & Manager for a decade. Between 2010 and 2015 she spent a cumulative one-year in study, practice, and pilgrimage in Asia. Since 2011, she has been a Teacher at Mountain Stream Meditation Center and sister communities in the Sierra Foothills, and teaches retreats nationally & internationally. Her teaching emphasizes embodiment, compassion, awareness, and practical wisdom. For more information about Heather visit heathersundberg.com