

Mountain Stream Meditation



In Person Daylong

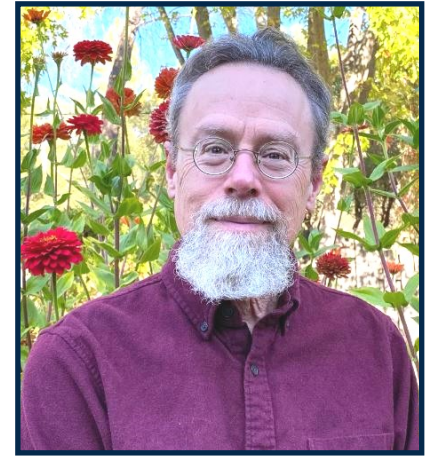
Ken Bradford ~ Teaching LIVE

Nevada City Insight Center

710 Zion St, Nevada City, CA 95959

Sunday, July 2, 2023

10:00 am - 4:00 pm



Abiding in Openness: Absolute Bodhicitta

This daylong is devoted to the way of openness. It will include teaching, guided meditation, self-inquiry and discussion.

For details, visit

www.mtstream.org/retreat-schedule



Bio: Ken Bradford is a contemplative yogin, author and Dharma teacher integrating a wide arc of Buddhist, Dzogchen and psychological thought and practice. His heart teachers include Chögyal Namkhai Norbu, Joseph Goldstein, Ruth Denison and Tsoknyi Rinpoche, among others. Formerly, he maintained a psychotherapy practice in the San Francisco Bay area and was Adjunct Professor at John F. Kennedy University and CIIS. His publications include *Opening Yourself: The Psychology and Yoga of Self-liberation* (2021); *The I of the Other: Mindfulness-Based Diagnosis & the Question of Sanity* (2013); and *Listening from the Heart of Silence: Non-dual Wisdom and Psychotherapy, Vol. 2* (2007, with John Prendergast); as well as numerous peer-reviewed articles intertwining psychology and spirituality.

Ken's website: www.authenticpresence.net

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 Ken 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 include periods of teaching, meditation, and conversation. Please bring a bag lunch. Details will be included in the registration packet.

Health Recommendations: Masks are optional. Updated and appropriate safety protocols will be posted as the retreat date approaches. We really appreciate everyone being considerate of each other in this way.

