

Mountain
Stream
Meditation



Half Day Retreat with Tracy Lease & Miyu Tamamura

Relaxed and Awake

Power of the Present Moment ~ Practicing the Five Keys:
Attention, Acceptance, Affection, Appreciation and Allowing

Sunday, May 28, 2023

1:00 to 4:00 pm

Nevada City Insight Center

710 Zion St, Nevada City, CA 95959

www.mtstream.org/retreat-schedule



The focus of our retreat is to practice arriving in the present moment and then to sustain deep connection, with full awareness and presence, through various creative practices. We will be using the Five Keys inspired by David Richo in his book *How to be an Adult in Relationships*. We will create a conscious relationship with, and embody, the quality of each key. Only in the present moment are we able to heal the past and make positive and conscious changes for the future.

Our practices include a nourishing blend of qigong, restorative yoga, breath work, heart-opening poems and meditation woven together with the soothing and expansive sounds of crystal singing bowls. Everyone and all levels welcome!

Pre-Registration is required:

Contact miyu@yuhealingarts.com

No one turned away for lack of funds.

Suggested donation: \$60 - \$90

“To live in the present moment is a miracle. The miracle is not to walk on water. The miracle is to walk on the green Earth in the present moment, to appreciate the peace and beauty that are available NOW.”

~ Thich Nhat Hanh