



The Dharma Zephyr Insight Meditation Community presents

Two Day-Long Retreats with

Heather Sundberg

heathersundberg.com

Saturday May 19, 2018, 10:30 - 5:00

Sunday May 20, 2018, 10:00 - 4:30

Sierra Foot and Ankle/Ascent Physical Therapy
2350 S Carson St #3, Carson City, NV 89701



**Saturday Topic: Five Things that Wake Us Up:
Wise Friends – Celebrating Integrity – Hearing the Dharma (truth)
Wise Effort – Harmony with Impermanence**

At this daylong we will deeply explore these Five Marvelous Qualities that both 'wake us up' and also serve as markers of our continuing awakening on the spiritual path.

There will be a potluck dinner immediately following the retreat on Saturday at a private home in Carson City. If you would like to attend, please bring a dish to share. The location will be announced at the retreat.

Sunday Topic: Integrating Insight into Our Daily Lives.

"OK so I had an Insight, maybe it was small, maybe it changed everything for me. Now what?"

This daylong is designed to explore the nature of insight – a direct experience into wisdom - and how to develop skills to navigate the generally less understood and sometimes tricky process of 'digesting and integrating' our understandings into our daily lives.

Prepare for comfort with loose, layered clothing. Bring a sack lunch and your cushion or bench if you wish to sit on the floor. Chairs are provided, but you are welcome to bring your own.

Please visit dharmazephyr.org for additional information.

Questions can be directed to Kathy Schwerin. kathy@dharmazephyr.org

Heather Sundberg began teaching meditation in 1999. She has completed the four-year Spirit Rock/ Insight Meditation Society Teacher Training. Beginning her own meditation practice in her late teens, for twenty years+ Heather has studied with senior teachers in the Thair Forest Tradition, Insight Meditation and Tibetan traditions, and has sat 1-3 months of retreat a year for the last fifteen+ years. She is a Teacher for Mountain Stream Meditation Center in the Sierra Foothills, and also teaches classes, daylongs and retreats nationally, especially at Spirit Rock Meditation Center. For more, visit <http://heathersundberg.com>.

DANA (donation): Compensation for the teacher is not included in the registration fee. The teacher offers the teachings freely in the tradition of the Buddha, and her livelihood is completely sustained by the generosity of the communities she serves. Dana (donation) for these priceless teachings will be gratefully accepted by the teacher, giving participants the opportunity to freely engage in the practice of generosity, the first step toward freedom.