

- * **Can meditation be fun?**
- * **Can I get the same benefits from noticing pleasant experience as I can from watching the breath?**
- * **Can meditation help me with my habit of negative thinking?**

PREMISE:

*By noticing how we create our world – with **thoughts, feelings & perceptions** – and by choosing to selectively attend to even quite subtly positive, pleasant, healthy experience – without grasping – we can **create new habits** of thinking, feeling and responding to our moment-by-moment experience (creating more ease, happiness & insight.)*

Mindfully Exploring Pleasure

NOV 2, 9, 16, 23

7:30-9:00pm

(4 Tuesdays)

at **AGAINST THE STREAM** in SANTA MONICA

Using **SHINZEN YOUNG's Sensory Categories & Methods**

STEPHANIE NASH

*(chief facilitator with Shinzen for over a decade
& known to lead a good laughing meditation)*



will guide a 4 week series:

“Mindfully Exploring Pleasure” –A fun, sometimes relaxing, sometimes moving, often fun journey through discriminating & fully experiencing pleasant and positive experience in all sense gates – hearing, seeing, tasting, smelling, touching, feeling, and thinking – using techniques & strategies that are applicable in one’s daily life.

Added benefits? How about developing: **Concentration, Sensory Clarity & Equanimity** - (SHINZEN YOUNG’s “3-Fold Skill-Set” of what is developed by & used in mindfulness or Vipassana practice.)

ALL LEVELS of EXPERIENCE are WELCOME.

TO REGISTER

<http://www.againstthestream.org/programs/class-series/mindful-pleasure>

Cost: \$20 per week; \$70 if paid in full in advance.

There will be an opportunity to give dana to the teacher.

Some scholarships and work-study is available. Please call Against the Stream for info.

This class will be held at 1001a Colorado Ave. Santa Monica, CA 90401

STEPHANIE NASH has taught & facilitated others in Shinzen's techniques since 1999. She wrote the study guide for Shinzen's "Talks on Teaching Series" and has often taught for Shinzen with his "Basic Mindfulness" home retreat program & sometimes on retreat.

Stephanie has been interviewed a few times on KPFK, with Roy of Hollywood, about eating meditation and working with post-election depression, among other topics, and a year ago Steph began a YouTube channel for interviews she's done - & continues to do - with Shinzen Young & other teachers. (<http://www.youtube.com/user/ShinzenInterviews>) Her own YouTube channel is: <http://www.youtube.com/stephnashmeditation0>

Steph teaches privately & leads monthly Sunday workshops in Santa Monica, as well as volunteering for the monthly VSI Saturday Sit in Santa Monica and Shinzen Young's retreats 4 times a year.

Shinzen introduced Steph to the Red Road in 1998 and the friendship took – (although her teaching schedule keeps her from getting to lodges like she used to.) Steph also teaches film directors to work with actors at the Art Center College of Design in Pasadena (...she's an 'associate professor', actually) and she has been a working actress for decades. (It could drive anyone to meditation.)

For more info on any of this: Nash Arts & Meditation: <http://www.nasharts.com/>