

"Mindfully Exploring Pleasure"

a 3 week workshop led by

Stephanie Nash

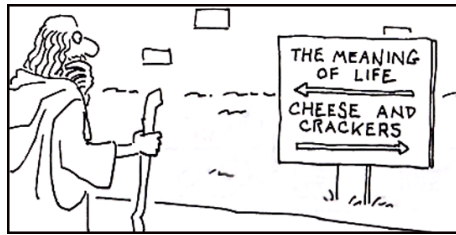
FEB 9, 16, 23

7:30-9:00pm * Santa Monica
1001A Colorado Ave

presented by

AGAINST THE STREAM

INFO & REGISTRATION: www.AGAINSTTHESTREAM.org



(And who says the meaning of life can't be found in cheese & crackers?)

Mindfully Explore Detecting, Appreciating, Cultivating & Enjoying Pleasant Experience *(in Body, Thought, Feeling)*

*Pleasant experience often gets overlooked because of 'louder' unpleasant thought/feeling/reactive habit-patterns.
We'll explore tuning into subtle pleasant & positive experiences, as well developing strategies
for cultivating them in our daily life with kindness & humor.*

www.SantaMonicaMeditation.com

STEPHANIE NASH is a senior facilitator with Shinzen Young and has taught for him (on his phone & on-site retreats.) Steph also wrote the study-guide to Shinzen's "Talks On Teaching" CD Series, as well as an article on meditation posture "Posture-pedia" (avail on website.)

On **YOUTUBE**: Interviews Steph's done with Shinzen on "**ShinzenInterviews**" and with Leigh Brasington & Ken McLeod (soon to be posted) on "**StephNashMeditation0.**"

Stephanie teaches mindfulness classes & private sessions in Santa Monica (as well as via phone.)

Recordings available on website. Steph's spent time on The Red Road, has degrees from Duke & Yale, and also teaches actors – and film directors at the Art Center in Pasadena.