

Mountain Stream Meditation Daylong with John Travis

Saturday, May 13, 2017

9:30am to 4:30pm

**Nevada City Insight Center
710 Zion Street
Nevada City, CA**

Mountain Stream hosts a day of meditation held in the tradition of Insight Meditation (vipassana.) Vipassana is known as a vehicle for opening the heart, seeing clearly and embodying our present moment experience.

All levels practitioners are welcome. The daylong includes periods of sitting and walking meditation with Dharma teachings from John. There will be time for questions but most of the day is held in noble silence. As outer chatter subsides, we have more capacity to listen deeply to our heart's inner wisdom.

John Travis is a senior teacher at Spirit Rock Meditation Center and founder of Mountain Stream Meditation in Nevada City, CA. He has practiced Insight Meditation for over 40 years, and has completed a four-year senior teacher training with Jack Kornfield.



In the 1970's & 80's John lived and studied in Asia for nearly a decade with many of the premier meditation masters of our time, which included periods of monastic ordination in the Theravada and Tibetan traditions. His dynamic teaching style focuses on a non-dualistic approach that emphasizes the body, heartfulness, and the nature of awareness. In addition to his meditation training, John has taught Mindfulness-Based Stress Reduction and is a certified Hakomi, therapist.

To support your full day of practice please bring: a bag lunch, water bottle and wear loose comfortable clothing. You are welcome to bring your own cushions (zafu/zabutan), pillows, shawls and whatever else you need for meditation. Available at the Center, are a variety of cushions, blankets, folding chairs and benches.

Registration for the daylong is a sliding scale of \$30 to \$45. Please contact the registrar for more details. A limited number of work-exchange scholarships are available.

In keeping with the Buddhist practice of generosity (dana) there will be an opportunity to offer a donation to the teacher, whose livelihood is sustained by the generosity of the communities he serves. All levels of offering are received with gratitude.

Registration & Information:

Barbara@mtstream.org

Mountain Stream Meditation
www.mtstream.org

