Mountain Stream Meditation

Virtual Daylong with John Travis

Natural Awareness

Saturday, November 21, 2020
10:00 am - 3:00 pm PST

Registration required
Zoom link available upon registration

The daylong registration fee is a sliding scale of $30 - $50. Please make your registration check payable to Mountain Stream Meditation and mail prior to the daylong to PO Box 2510, Nevada City, CA 95959, clearly marking in the check memo line Nov 21 daylong. Scholarships are available. No one is turned away for inability to pay.

There is an opportunity to offer a donation to John, whose livelihood is sustained by the good will of the communities he serves.
Two ways to donate include the online link https://www.mtstream.org/dana-for-john-travis-nov-21 or write a check to Mountain Stream Meditation and mail to PO Box 2510, Nevada City, CA 95959.

All donations ensure the continuation of the Buddha’s priceless teachings and are graciously received.

John Travis is the founding teacher of Mountain Stream Meditation in Nevada City and is a teacher emeritus at Spirit Rock Meditation Center in Marin. He has practiced Insight Meditation for over 50 years, and completed a four-year teacher training with Jack Kornfield.

In the 1970’s & 80’s, John lived and studied in Asia with many of the premier meditation masters of our time. John’s practice included periods of monastic ordination in the Theravadan 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.

Registration & Contact:
robin@mtstream.org

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www.mtstream.org