

## Mountain Stream Meditation

### 5-Night Residential Retreat with John Travis and Special Guest, Adam Stonebraker

**Location:** Harmony Ridge Lodge, Nevada City, CA

**Dates:** Tuesday, April 9 to Sunday, April 14

**Cost:** Sliding Scale \$750 - \$1250

**Registration:** Robin Oram, [robin@mtstream.org](mailto:robin@mtstream.org)

**Limited Space Available**

Prior residential retreat experience is helpful, but not required.



**Insight (Vipassana)** residential retreats are for practitioners interested in deepening their meditation practice, and through their own experience, learn more about the Buddha's teachings.

This silent retreat will consist of alternating periods of sitting and walking meditation, Dharma talks, and Q & A.



**John M. Travis** has been teaching meditation since 1986. He studied in Asia with senior teachers of both Vipassana and Tibetan traditions and completed a four-year teacher training with Jack Kornfield. John is the founding teacher of Mountain Stream Meditation in Nevada City, and is teacher emeritus at Spirit Rock Meditation Center.

The registration fee is due upon registration and includes accommodation, delicious vegetarian meals and an administrative organizing fee.

**\*\*Please consider paying at the highest rate that you can afford. Your generosity supports Mountain Stream, staff, and your fellow practitioners. Any amount paid above the Base Rate is a tax-deductible donation.**

A limited number of scholarships are available. To find out more, please inquire with the registrar.

In keeping with the Buddhist practice of generosity (*dana*), there will be an opportunity to offer dana to John whose livelihood is sustained by the generosity of the communities he serves.

In addition, you will have the opportunity to offer generosity to the staff (cook & manager) who participate during retreat to serve and support your practice.

All levels of offerings are received with gratitude.

#### **Registration & Information:**

Robin Oram [robin@mtstream.org](mailto:robin@mtstream.org)

<https://www.mtstream.org/retreat-schedule>