

9 Night Retreat

John M. Travis

HarmonyRidge

Nevada City, CA
Fri - Sun, Jan. 6 - 15, 2012

This silent Insight Meditation retreat (vipassana) will consist of alternating periods of sitting and walking meditation, instructions and talks by the teacher, and individual visits with the teacher. It is appropriate for both beginning and seasoned meditators.

This residential retreat is small, and takes place at Harmony Ridge Lodge, near the Tahoe National Forest, 5 miles north of Nevada City, California. Delicious vegetarian meals will be served, and participants will have an opportunity to contribute by helping with meal preparation, bell ringing, or other tasks.



Mountain Stream Meditation Center
www.mtstream.org



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. He is the founding teacher of Mountain Stream Meditation Center in Nevada City, and a teacher for Spirit Rock Center, a Buddhist retreat center in Marin County.

The cost for the full retreat is sliding scale \$580- \$380. Please pay what you can so that others who need assistance may pay less. A few partial scholarships may be available. A \$100 deposit is due upon registration. Cancellations must be received before Dec 16 for a refund.

In keeping with the Buddhist practice of dana (generosity), donations are requested to support the efforts of the teacher and staff.

To Register:
Contact Jenna
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or 530-756-4494

