

Daylong

John M. Travis

Awareness, Understanding & Kindness

Sat, April 28, 2012
9:30 AM to 5:00PM
Nevada County Library
Community Room

This silent insight meditation (vipassana) daylong will consist of alternating periods of sitting and walking meditation with instructions and talks by the teacher. It is appropriate for both beginning and seasoned meditators. Vipassana is a vehicle for opening the heart, and living in a peaceful and free way.

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. John has a private practice as a meditation counselor, and is trained in Hakomi body-centered therapy. John is known for his



extraordinary heart and nondual teachings which point towards freedom here and now.

The daylong will be held at the Nevada County Library in the Community Room. Please bring a bag lunch and anything you may want to drink during the day. Tea will be provided. Wear loose and comfortable clothing. You are welcome to bring meditation pillows/cushions/shawls or anything you need for comfortable sitting. Chairs, zafus, zabutons and benches will be provided.

The registration fee for the day is sliding scale \$20 to \$35. No one is ever turned away for lack of funds. To ensure a space, pre-registration is recommended and encouraged. Dana (donations) for the teacher will be gratefully accepted. Donations to support the local dharma community are also encouraged and welcome. Dana offers participants the opportunity to freely engage in the practice of generosity, the first step toward freedom.

To Register & for Directions:
Contact Joyce:
joyce@mtstream.org
530-272-6498

Mountain Stream Meditation Center
www.mtstream.org

