

7 Night Residential Retreat

John Travis & Heather Sundberg

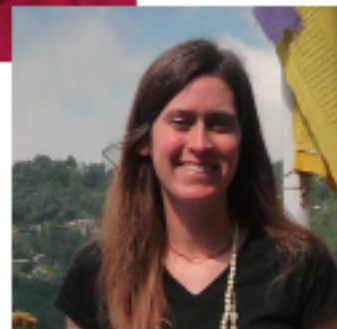
Kailua Kona, Hawai'i (Big Island)

Wed November 7 - Wed November 14, 2012

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

This residential retreat will take place at Kona Plantation in Kailua Kona on the Big Island of Hawai'i. We will have two beautiful, well appointed houses amidst several private acres of lush palms, flowers and tropical fruits within walking distance of the beach. Delicious vegetarian meals will be served including fresh local produce. Participants will have an opportunity to contribute by helping with meal preparation, bell ringing, or other tasks.

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.

Heather Sundberg began teaching meditation in 1999. She has completed the Spirit Rock/IMS Senior Teacher Training Program. For the last twenty years Heather has studied with teachers in the Insight and Tibetan traditions, sitting an annual 1-3 months of retreat for over a decade.

The cost for this retreat including lodging and meals is \$550. A \$200 deposit is due upon registration to hold your place. Balance of payment is due June 15, 2012. Due to strong interest in this retreat, we encourage early enrollment.

At the end of the retreat, in keeping with the Buddhist practice of dana (generosity), retreatants are given an opportunity to offer donations to support the efforts of the teachers and staff.

**To Register:
Contact Catrinka Holland
catrinka@mtstream.org
808-885-1615**



Mountain Stream Meditation Center
www.mtstream.org