

# 9 Night Residential Retreat

**John Travis & Heather Sundberg**  
**Sierra Friends Center**  
**Nevada City**  
**June 8 - 17, 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 Sierra Friends Center, a beautiful, natural setting near Nevada City, CA . Delicious vegetarian meals will be served. 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.

We are pleased to offer this retreat on a dana basis. This means that the operational costs of the retreat (rent and food) will be paid from Mountain Stream's Retreat Fund. This fund was created through the generosity of past retreatants and our extended Sangha members.

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, as well as to contribute to the Retreat Fund. Our ability to offer future dana retreats depends on your continued generosity

A \$100 deposit is due upon registration. This may be donated or refunded at retreat end. For cancellations received after March 31, deposits will be donated to the Retreat Fund. Space is limited so please register early.

**To Register:**  
**Contact Jenna**  
**Jenna@mtstream.org**



Mountain Stream Meditation Center  
[www.mtstream.org](http://www.mtstream.org)