

# Doorways to Awareness

## John Travis & Heather Sundberg

### 9-Night Residential Retreat

Fri, Nov 4 - Sun, Nov 13

Angela Center (Ursula Hall)

Santa Rosa, CA

This silent Vipassana (Insight Meditation) retreat will consist of alternating periods of sitting and walking meditation, plus optional daily qi gong practice. Instructions for insight meditation and awareness will be offered. Initially the focus is on developing body awareness & concentration, followed by an in-depth exploration of awareness & wisdom from multiple perspectives. To support deepening practice, participants have the opportunity to check in individually with the teachers.

This small residential retreat takes place at the lovely Ursula Hall that is part of the Angela Center complex in Santa Rosa, CA. Each retreatant will have a single room. Delicious vegetarian meals will be served by our beloved bodhi chef, Michelle Reynolds.

Retreatants must be able to attend the retreat in its entirety and are strongly encouraged to commit to being 100% offline.

John M. Travis has been teaching meditation since 1986. He studied in Asia with senior teach-



ers 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 in Nevada City, and a teacher for Spirit Rock Meditation Center.

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. She has been a Teacher for Mountain Stream Meditation since 2011.

The registration fee is \$815 for this retreat and covers the cost of food, lodging and administrative responsibilities. A \$150 non-refundable deposit is due upon registration. The balance is due by Saturday, Oct 1, 2016. Register early, as this retreat will fill at 33 participants.

In keeping with the Buddhist practice of generosity (dana), there is an opportunity to make donations to the teachers, retreat manager and the cook, who offer their services without set charges and are sustained in their livelihoods solely by donations. Thank you for your generosity.

**For Registration & Information:**  
**[carol@mtstream.org](mailto:carol@mtstream.org)**  
**Registration opens June 1**

Mountain Stream Meditation Center  
[www.mtstream.org](http://www.mtstream.org)  
501 c 3 Non Profit Organization

