

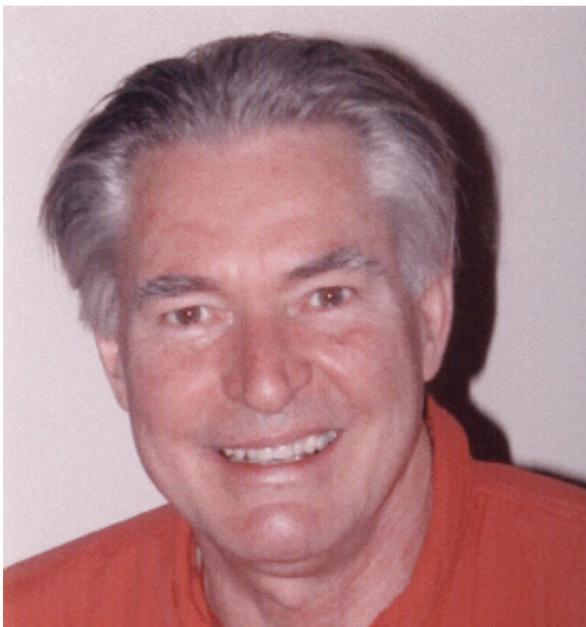
# Daylong with John Travis

Sunday, August 21, 2016  
10:00am to 5:00 pm  
Nevada City Insight Center  
Nevada City, CA

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.

The daylong will be held at the Nevada City Insight Center at 710 Zion Street in Nevada City. Please bring a bag lunch and anything you may want to drink during the day. You are welcome to bring your own zafu/zabutan, pillows and whatever you need to sit comfortably. We do have zafus and zabutans at the center as well as folding chairs.

John Travis is a senior teacher with Spirit Rock Meditation Center in California and



founder of Mountain Stream Meditation Center in Nevada City, CA. He has practiced Insight Meditation for over 40 years, and completed a four year senior teacher training with Jack Kornfield.

John lived and studied in Asia for a decade under some of the premier meditation masters of our time, including periods of monastic ordination in the Theravada and Tibetan traditions. His dynamic teaching style focuses on a non-dualistic approach emphasizing body, heartfulness, and the nature of awareness itself. In addition to his meditation training, John has taught mindfulness-based stress reduction and Hakomi therapy.

The registration fee is a sliding scale of \$30 to \$45 and pre-registration is required to secure your space. In addition, there is an opportunity to offer a financial donation to John. Donations for these priceless teachings will be gratefully accepted, giving participants the opportunity to freely engage in the practice of generosity, the first step toward freedom.

**For Registration & Information:**  
**Mike Burgess**  
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Mountain Stream Meditation  
[www.mtstream.org](http://www.mtstream.org)

