

## Mountain Stream Meditation

# In Person Daylong with John Travis

**Saturday, April 22, 2023**

**10:00 am - 4:00 pm**

Nevada City Insight Center  
710 Zion Street, Nevada City, CA 95959

**Mountain Stream** hosts a day of meditation held in the tradition of Insight Meditation (Vipassana). Vipassana is known as a vehicle for mindfully opening the heart, seeing clearly and embodying our present-moment experience.

All levels of practitioners are welcome. The daylong includes periods of sitting and walking meditation with Dharma teachings from John. There will be time for questions but most of the day is held in Noble Silence. As mental chatter subsides, we have more capacity to listen deeply to our heart's inner wisdom.

**John Travis** has been teaching Insight Meditation since 1986, after completing a four-year teacher training with Jack Kornfield. He is the founding teacher of Mountain Stream Meditation in Nevada City and a Spirit Rock Meditation Center Teacher Emeritus.

In the 1970's & 80's, John lived and studied in Asia with many of the premier meditation masters of our time, and his training included periods of monastic ordination in both the Theravadan and Tibetan traditions. His dynamic teaching style focuses on a non-dualistic approach that emphasizes the body, heartfulness, and the nature of awareness. In addition to his meditation training, John has taught Mindfulness-Based Stress Reduction and is a certified Hakomi therapist.



**Pre-registration is required.** To receive a registration packet, contact [juanita@mtstream.org](mailto:juanita@mtstream.org)

**Cost:** Registration sliding scale is \$60 - \$90. No one is turned away for lack of funds. Limited partial scholarships are available.

**Dana:** During the daylong, there is an opportunity to offer a financial donation to John as part of the Buddhist practice of dana (the practice of giving and receiving).

All offerings are gratefully received and support the continuation of the Buddha's teachings. Generosity also benefits the practitioner and is considered a first step toward freedom.

**What to bring:** Please bring a bag lunch and a water bottle.

You are welcome to bring your own cushion, (zafu/ zabuton), pillow, shawl and whatever else you need for meditation. A variety of cushions, blankets, folding chairs and benches are available at the Center.

**Health Recommendations & Testing Requirement:** Masks are optional. Please bring proof (a photo is acceptable) of a negative rapid COVID test the morning of the program.

Details of requirements and what to expect will be included in the registration packet. If you have any questions, feel free to contact [juanita@mtstream.org](mailto:juanita@mtstream.org)