

Mountain Stream Meditation

5-Night Insight Meditation Residential Retreat with John Travis

Location: Harmony Ridge Lodge, Nevada City, CA


Dates: Sunday, March 26 to Friday, March 31

Cost: \$640 due upon registration

Registration: contact Robin, robin@mtstream.org

*Retreat is a beautiful way to bring in the Spring ~
You're invited to come join us!*




Insight meditation is a simple and direct meditation practice based on moment-to-moment mindful awareness. The teachings cultivate an open heart and clear mind. The Buddha taught Insight meditation 2600 years ago as the basis for a spiritual path.

www.mtstream.org/retreat-schedule

John Travis is the founding teacher of Mountain Stream Meditation in Nevada City and is a teacher emeritus at Spirit Rock Meditation Center in Marin. He has practiced Insight Meditation for over 50 years, and completed a four-year teacher training with Jack Kornfield. In the 1970's & 80's, John lived and studied in Asia with many of the premier meditation masters of our time. John's practice included periods of monastic ordination in 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.