

# Living with an Open Heart

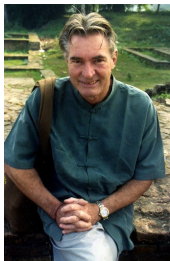
## A 10-night Meditation Retreat welcoming in the New Year



With John Travis and Adam Stonebraker  
Praiwan Raft House, Khao Sok National Park in Thailand  
December 29, 2023 - January 8, 2024

This is a Vipassana silent retreat. Join us as we sit together in the stillness of this remote jungle lake. We will be nourished by the dedicated cultivation of the “divine abiding:” unconditional friendliness, wise compassion, empathetic joy, and equanimity. In each moment returning gently to the present, we develop the ability to abide with clarity and kindness in the midst of both subtle and strong emotions. We will have regular offerings of gentle movement practices and Yin Yoga.

Cheow Lan is a remote lake in the interior of Southern Thailand. Located on the edge of Khao Sok National Park (<https://www.khaosok.com>) the lake is hidden among towering limestone karst formations in one of the few remaining primary rainforests. The prehistoric jungle is part of a wildlife sanctuary home to apes, elephants, langur monkeys, giant hornbills, serpent eagles and many other rare birds and animals.



John Travis is the founding teacher of Mountain Stream Meditation (<https://www.mtstream.org>) and is a teacher emeritus at Spirit Rock Meditation Center (<https://www.spiritrock.org>). He has practiced Insight Meditation for over 50 years. His teaching style focuses on a non-dualistic approach that emphasizes the body, heartfulness, and the nature of awareness.



Adam Stonebraker ([adamstonebraker.com](http://adamstonebraker.com)) has practiced and studied meditation since 1999, and began teaching meditation, mindfulness, and yoga in 2010. He's committed to an all-inclusive dharma, where no aspect of the human experience is left out.

For more information and to register, contact Catrinka Holland at [catrinkah@gmail.com](mailto:catrinkah@gmail.com)