

Five or Nine Day
VIPASSANA MEDITATION RETREAT
Led by John Travis

Friday, June 20th - 6:00 p.m. through Sunday, June 29th, 2008
(includes Friday dinner and Sunday lunch)

Five-Day Retreat Option:
Friday, June 20th - 6:00 p.m. through Wednesday, June 25th Lunch

ABOUT THE TEACHER

We are happy to have Senior Spirit Rock teacher John Travis join us this summer. John likes to lead smaller retreats that allow contact with retreatants through personal interviews and discussion. People have found him to be warm, approachable and insightful. He combines psychological knowledge with extensive training in Buddhism and a colorful personal history. He teaches using the Spirit Rock / IMS style of meditation guidance, i.e., starting with a breath focus and gradually expanding to the body, sound, and thoughts and emotions. In past retreats with us, he also used bells to lead a Tibetan sound meditation.

John has studied vipassana meditation since 1969. He spent years in Asia with recognized Buddhist masters, including Goenka, Munindra, and Taungpulu Sayadaw. He took Initiation with His Holiness the 16th Karmapa. John continued his studies in the U.S. where he began teaching in 1986. From 1988 to 1993, he devoted himself to formal teacher training with Jack Kornfield at Spirit Rock Center. After completing training, he was given Dharma transmission in the tradition of Mahasi Sayadaw and Achaan Chaa. John spent most of 2006 studying with His Holiness the Dalai Lama and other Tibetan teachers. Three months of this trip was spent in retreat with one month in a solo retreat in a cave. John is the founding teacher of Mountain Stream Meditation Center in the Northern California Sierra Foothills. You can listen to some of his talks at www.mtstream.org.

ABOUT VIPASSANA MEDITATION AND THIS RETREAT

VIPASSANA is a non-sectarian practice that develops concentration, insight, and compassion. It involves a systematic, moment-by-moment heightened awareness of ordinary mind-body processes. As awareness is cultivated, limiting forces emerge and are observed and released with non-attachment. Anyone can develop skill in these techniques, and it is a practice that can profoundly change how we live. By sitting together, we reinforce one another's efforts, building momentum with meditation periods each day during the retreat. Noble silence, daily dharma talks, and walking and eating meditation enhance individual progress. The retreat is open to practitioners of all levels, beginning through advanced.

THIS RETREAT will be held at a large Boulder home, and retreatants will stay overnight at homes or motels in the area. This is an experiment to decrease the cost of retreats and make retreats more accessible. We will maintain the normal retreat structure of silence and starting early and ending at around 9:30 pm with metta. John's gourmet chefs will prepare vegetarian food for us.

TO REGISTER...

Registration forms and credit card payment are available at www.SierraRetreats.org. At the website, you can print out the registration form and other information about the retreat. If that is not possible, you can receive a copy by emailing loisvk@earthlink.net or by leaving your name, phone number and address at 303-439-0407. When leaving a message, please speak slowly and clearly and spell out your name and address. Financial assistance is available for those who plan to attend the entire retreat (either the 5-day or 9-day option). Please contact the registrar for information.

QUESTIONS?

Call Lois VanderKooi, Registrar, at 303-439-0407

Email: loisvk@earthlink.net

PLEASE NOTE: This retreat is limited to 30 people, so please register early to reserve a place.