

This Event Is Free — Donations Gratefully Accepted

Meditation & Teaching Daylong

Please Join Us for a Day with

John Travis

Buddhist Teacher

Mountain Stream Meditation Center

Spirit Rock Center



Unitarian Universalist Church of Davis • 27074 Patwin Rd.

Sat., Dec. 8 • 9:30 a.m. – 5 p.m.

This silent Vipassana (insight meditation) daylong will consist of alternating periods of sitting and walking meditation, and 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 peace.

The daylong will be held at the Unitarian Church of Davis at 27074 Patwin Rd—in the Library. There are grounds and a patio for walking meditation. Please bring your own lunch & beverages as well as your own sitting items (if you have them). Chairs will be provided.

John Travis has taught meditation since 1986. He studied in Asia with senior teachers of both Vipassana and Tibetan traditions and completed a four-year teacher training with Jack Kornfield. He is founding teacher of Nevada City's Mountain Stream Meditation Center and a teacher for Spirit Rock Center, a Buddhist retreat center in Marin Co. John has a private practice as a meditation counselor, and is trained in Hakomi body-centered therapy.

As a free event, this daylong offers each participant the opportunity to freely engage in the practice of generosity, the first step toward freedom. Generosity to support the teacher is especially encouraged; an opportunity to donate through cash or checks will be made available. Donations to support the local dharma community, and this particular event, are also encouraged and welcome.

To ensure your space at this event, be sure to pre-register:
Call 530 867 5743 or email DavisMeditation@gmail.com



Presented by the Davis Insight Group

<http://davisinsightgroup.org/>

