

7 Night Residential Retreat John Travis & Joseph Goldstein Jackson, Wyoming Wed, October 7 - Wed, October, 14, 2015

This special Insight Meditation retreat (vipassana retreat) will be led by John Travis and Joseph Goldstein, two Dharma teachers who have been friends for more than 45 years. The opportunity for them to teach together is a dream come true and a once in a lifetime opportunity for those who attend.

The retreat will consist of alternating periods of sitting and walking meditation, instructions and talks by the teachers. It is appropriate for both beginning and seasoned meditators.

This residential retreat will take place at Spring Creek Ranch in Jackson Hole, WY (www.SpringCreekRanch.com). Vegetarian meals will be served throughout the retreat. Participants will have an opportunity to contribute during the retreat by bell ringing and other tasks.

John M. Travis has been teaching 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 the founding teacher of Mountain Stream Meditation in Nevada City, and a teacher for Spirit Rock Meditation Center, a Buddhist retreat center in Marin County. John has a private



practice as a meditation counselor, and is trained in Hakomi body-centered therapy.

Joseph Goldstein has taught Buddhist meditation worldwide since 1974. A co-founder and guiding teacher of Insight Meditation Society in Barre, MA, he also helped envision and establish The Center for Buddhist Studies and IMS's Forest Refuge Center. He is the author of many books on Insight Meditation including *One Dharma*, and his latest title *Mindfulness: A Practical Guide to Awakening*.

The cost for this retreat including lodging and meals starts at \$1,550, with other options available. The retreat registration form is available at www.mtstream.org/JJretreat.html. A \$600 deposit is due upon registration to hold your place. Due to strong interest in this retreat, we encourage early enrollment.

At the end of the retreat, in keeping with the Buddhist practice of dana (generosity), retreatants are given an opportunity to offer donations to support the efforts of the teachers and staff.

Registration Opens Friday, February 5

To register go to www.mtstream.org/JJretreat.html

For further information email Marcia Craighead at JJretreat@mtstream.org

Mountain Stream Meditation Center in partnership with Teton Sangha
www.mtstream.org www.tetonsangha.com

