

The Dharma Zephyr Insight Meditation Community presents

Letting Go: Two Day-Long Retreats with

John Travis

Saturday & Sunday, April 20-21, 2019

Saturday: 10:00am - 5:00pm

Sunday: 9:30am - 4:00pm

Sierra Foot and Ankle/Ascent Physical Therapy,
2350 S. Carson St., Carson City, NV

Contact: Harry Ednie, harrye@dharmazephyr.org, (775) 722-5664



The Buddha and subsequent teachers of all the Practice traditions have, directly or by inference, taught “letting go.” They point out the price of holding on to views, opinions and judgments. That price is the suffering we inflict on ourselves and others by holding on to being “right.”

In this retreat we will explore this simple practice of being quiet and listening can soften our contraction around family, politics and ourselves. How we can develop the capacity to give us more space and heart without necessarily changing the systems we are circling in. Choosing freedom over being “right.”

This retreat is suitable for beginning and experienced meditators.

Please bring a sack lunch both days. Alternately, there are food venues in the area.

There will be a potluck following Saturday’s retreat. Everyone is welcome. Time and place will be announced at the retreat. Questions the potluck may be sent to: susansara@dharmazephyr.org.

John Travis has been a student of meditation since 1969. He undertook Senior Teacher Training with Jack Kornfield at Spirit Rock Meditation Center. After completion of his training he was ordained and given Dharma transmission in the vipassana tradition of Mahasi Sayadaw and Achaan Chaa, and authorized to teach vipassana.

John co-founded Mountain Stream Meditation Center at Nevada City, CA and continues to be the resident teacher. In addition, he is a senior teacher for Spirit Rock Meditation Center. He travels extensively, leading retreats all over the United States. www.johntravis.org

For more information about DZIMC see our website: www.dharmazephyr.org

There is no charge for the retreat. The teachings of the Buddha are considered priceless and are offered freely. There will be an opportunity for the practice of generosity, (Dana), by offering donations to support the teacher and to Dharma Zephyr for covering the costs of presenting the retreat.



The Dharma Zephyr Insight Meditation Community is a Federal Non-Profit Corporation