

## Open-Hearted Awareness

A 10-night Meditation Retreat welcoming in the New Year  
with John Travis and Adam Stonebraker  
Praiwan Raft House Khao Sok National Park, Thailand

December 30, 2024 - January 9, 2025



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 cultivation of unconditional friendliness, wise compassion, empathetic joy, and equanimity.

Gently returning to the present, we develop capacity to abide with clarity and kindness in the midst of both subtle & strong emotions.

Along with sitting and walking meditation periods, we will have daily offerings of Yin Yoga and gentle movement practices.

### Setting

Cheow Lan is a remote, beautiful lake in the interior of Southern Thailand. Located on the edge of Khao Sok National Park ([www.khaosok.com](http://www.khaosok.com)) the lake is hidden among towering limestone karst formations in one of a few primary rainforests left—over 160 million years old. The prehistoric jungle is part of a wildlife sanctuary home to gibbon apes, elephants, langur monkeys, giant hornbills, serpent eagles and many other rare birds and animals.



## Retreat History

Up until last year, Steven Smith of Vipassana Hawai'i was the primary teacher for this retreat for many years. Steven has retired from teaching and asked John Travis to carry on this tradition. This is the second year that John Travis and Adam Stonebraker are teaching this New Year's retreat at the Praise Raft House.

## Accommodation

Accommodations are in private, comfortable floating bamboo jungalows. Linens, blankets, and towels are provided. There are both en-suite and shared bath accommodations available.

The food is delicious and nutritious with fresh fruits and vegetables from the jungle and local markets, and fresh fish from the lake. Meals will be mainly vegetarian with fish, and occasionally chicken.

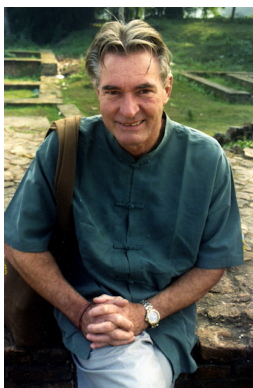
Fresh drinking water is readily available. There is a small generator, usually on from 6pm to 10pm for lighting and outlets available for charging a few necessary electrical items.



This is a rare opportunity to be unplugged with no Internet or telephone service available except for emergency use only.

Swim in clear fresh waters of the lake outside your door. Travel the lake on easy-to-use kayaks. Enjoy massage from an experienced Thai masseuse.

We have exclusive use of the Praise Raft House accommodations ([praiwanrafthouse.com](http://praiwanrafthouse.com)). There will be a maximum of 30 students.



## Teachers

John Travis is the founding teacher of Mountain Stream Meditation ([www.mtstream.org](http://www.mtstream.org)) in Nevada City and is a teacher emeritus at Spirit Rock Meditation Center ([www.spiritrock.org](http://www.spiritrock.org)) in Marin. He has practiced Insight Meditation for over 50 years, and completed a four-year

teacher training with Jack Kornfield. In the 1970's & 80's, John lived and studied in Asia with many of the premier meditation masters of our time. John's practice included periods of monastic ordination in the Theravadan and Tibetan traditions. His dynamic teaching style focuses on a non-dualistic approach that emphasizes the body, heartfulness, and the nature of awareness. In addition to his meditation training, John has taught Mindfulness-based Stress Reduction and is a certified Hakomi therapist.



Adam Stonebraker ([www.adamstonebraker.com](http://www.adamstonebraker.com)) has been practicing and studying meditation in various schools since 1999, and began teaching meditation, mindfulness, and yoga in 2010. He is the Guiding Teacher for Mountain Stream Meditation ([www.mtstream.org](http://www.mtstream.org)) and also teaches with Sacred Mountain Sangha. Adam leads teacher trainings, retreats, and workshops internationally in yin yoga, meditation, and mindfulness. He is committed to an all-inclusive dharma, where no aspect of the human experience is left out. He has particular interest in the transformative power of the natural world, inter-faith dialogue, and the bodhisattva way of life.

## Travel

Bangkok to Surat Thani is a 1-hour flight. We provide a group pickup from the Surat Thani airport. From there it is about an hour's drive and finally we travel by long boat to the raft house. We highly recommend you arrive in Thailand at least a day or two beforehand to get some good sleep and self care so you can begin retreat refreshed from your travels.



## Payment & Registration

Cost of the retreat is \$1750 for your own room with the use of shared bathroom. Some en-suite accommodation is available for additional cost.

\$1,000 deposit is due upon registration to hold your place in the retreat. This deposit will be returned if the retreat cancels. Other than the unlikely reason of retreat cancellation, this deposit is non-refundable. We ask all participants to secure medical travel insurance within 2 weeks of registration. We will also ask participants to sign a Liability Waiver.

\$750 balance is due on or before October 1, 2024. This fee will be returned if the retreat cancels. This fee is otherwise non-refundable.



There will be an opportunity to offer dana to the teachers and staff near the end of retreat. Dana is a Sanskrit and Pali word meaning generosity or giving.

Price does not include airfares, mandatory medical travel insurance, optional Thai massages, extra snacks or drinks or any other personal expenses.

This retreat filled quickly last year. We encourage early enrollment to insure your space.

**Registration.** To register or for more information contact Catrinka Holland at [catrinka@duck.com](mailto:catrinka@duck.com).



## **Cancellation Policy**

All payments are non-refundable. If the retreat is cancelled for any reason, all fees, including the deposit, will be returned. Plane flights and travel costs to and within Thailand cannot be reimbursed. For this reason, we require all enrolled individuals to purchase medical travel insurance and strongly encourage the purchase of a policy that also covers trip cancellation.

## **Travel & Medical Insurance**

Things happen! Most medical travel insurance policies include trip cancellation. This trip insurance will also generally reimburse your trip cost if you cannot travel due to injury or illness. Be aware that you usually are required to purchase the policy shortly after you register for the trip and make your first payment for the trip cancellation insurance to be effective.

