

IMC 3-Day Retreat

at the Jikoji Retreat Center
with Andrea Fella and Pam Weiss



Friday, September 25 to Sunday, September 27, 2009.

This is a silent mindfulness retreat with alternating sitting and walking meditation, as well as instruction, Dharma talks, and interviews with the teachers. It will be conducted at the rustic Jikoji Retreat Center on Skyline Boulevard in Los Gatos.

Dormitory-style sleeping or camping. Vegetarian meals.

Cost: This retreat is offered entirely on a *dana* or freely given basis. The teachers and cook will be serving without compensation and the operational costs of the retreat (mostly for facility rental and food) will be paid from the Retreat Fund of the Insight Meditation Center (IMC). At the end of the retreat, participants may offer whatever *dana* or donation they wish to the teacher(s), the cook, and the IMC Retreat Fund. A refundable \$100 deposit is required to reserve a space. Your deposit will be refunded as long as you attend the retreat, or cancel at least two weeks before the retreat begins.

To reserve your space, please complete: (a) the **Application** and (b) the **Participation Agreement and Liability Release found on our website at**

www.insightmeditationcenter.org and send them, along with (c) your **\$100 deposit made payable to IMC**, to

Curt Smith
369 Summit Rd,
Watsonville, CA 95076-9780

For more information or if you do not have computer access to download the forms contact Curt Smith:

email: **curt_smith@mac.com** (best way to ask a question)
Phone: 408.842.0988