

# IMC presents a Weeklong Retreat

*at the Hidden Villa Hostel*  
with Gil Fronsdal and Heather Martin



**Sunday to Sunday**  
**October 17 to October 24, 2010**

This is a silent mindfulness retreat with alternating sitting and walking meditation, as well as instruction, Dharma talks, and interviews with Gil and Andrea. It will be conducted at the Hidden Villa Hostel near Los Altos.

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 teachers, the cook, and the IMC Retreat Fund. A refundable \$200 deposit is required to reserve a space. Your deposit will be refunded as long as you attend the retreat, or cancel three 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](http://www.insightmeditationcenter.org)** and send them, along with (c) your **\$200 deposit made payable to IMC**, to:

Tracy Ross  
1817 Cottage Grove Ave., San Mateo, CA 94401.

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

[tracyann524@gmail.com](mailto:tracyann524@gmail.com) or phone her at 650-200-3436.