

# IMC Memorial-Day Retreat

*at the Jikoji Retreat Center*  
with Andrea Fella



**Friday May 28 to Monday May 31, 2010**

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, 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 one week 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 **\$100 deposit made payable to IMC**, to:

Curt Smith  
369 Summit Road, Mt Madonna, CA 95076

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

**[curt\\_smith@mac.com](mailto:curt_smith@mac.com)**

or phone 408 842-0988.