

IMC Retreat for Beginners

at Jikoji Retreat Center

with Carla Brennan and Ines Freedman



September 3rd to 5th, 2010 (*Friday to Sunday*)

A silent mindfulness retreat with alternating sitting and walking meditation, as well Dharma talks, time for Q & A, and interviews with the teachers. There will be instruction in mindfulness of the breath, body, emotions, thoughts and walking. The retreat is suitable for both beginners and those wanting to review the basics of practice in a retreat setting. Optional Qi Gong practice will be offered.

It will take place at the rustic Jikoji Retreat Center on Skyline Boulevard in Los Gatos. Dormitory-style sleeping or camping. Vegetarian meals.

Cost: This retreat is offered on a *dana* or freely given basis. The teachers and cook serve without compensation; the operational costs of the retreat will be paid from the Insight Meditation Center (IMC) Retreat Fund. 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, which 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) **Application** and (b) **Participation Agreement and Liability Release** found at www.insightmeditationcenter.org (select *Residential Retreats*), and send them, along with (c) **\$100 deposit made payable to IMC**, to

Donna Wilhelm
21301 Ridgeview Dr., Sonoma, CA 95370

For more information or if you do not have computer access to download the forms contact **Donna Wilhelm** at dona@mlode.com or phone 209-533-3656

PS: Donna will be away June 1-13 and will process received applications only when she will be back.