

IMC 4-Day Retreat

at the Jikoji Retreat Center
with Andrea Fella and Pam Weiss



Wed. Aug. 10 to Sunday Aug. 14, 2011

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 \$150 deposit is required to reserve a space. Your deposit will be refunded as long as you attend the retreat, or cancel two weeks before the retreat begins.

To register for this retreat, go to www.insightmeditationcenter.org and follow the links to our online registration system from the Residential Retreats page. Then mail your \$150 deposit made payable to IMC, to

Judy Long
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San Francisco, CA 94122

For more information or if you do not computer access, contact Judy at 415 734-0108 or jntlong@sbcglobal.net.