

IMC presents a Two Week Retreat

at the Hidden Villa Hostel September 11-25, 2011

with Gil Fronsdal

(admission to this retreat may be by a lottery on June 1 if needed)



This is a silent mindfulness retreat for experienced meditators who are comfortable with periods of independent practice. Instruction, Dharma talks, and interviews with Gil will support the meditator's independent insight practice. The retreat will be conducted at the Hidden Villa Hostel near Los Altos.

Prerequisite: This retreat is for practitioners with previous Vipassana residential retreat experience and who have checked in with Gil Fronsdal about participation.

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 \$350. deposit is required to reserve a space. Your deposit will be refunded if you attend the retreat, or if you cancel six weeks before the retreat, by July 31, 2011

To enter the June 1 lottery for this retreat, first check with Gil Fronsdal, then your application and deposit must be received by May 29, 2011. Please go to our website at www.insightmeditationcenter.org and follow the links to our online registration system from the Residential Retreats page. Then mail your \$350 deposit made payable to IMC, to

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