

Insight Meditation Center
Memorial Day Family Retreat
K- 6th Graders & Parents



Noon Sat. May 26 to Noon Mon. May 28, 2012

at Jikoji Retreat Center

Richard Shankman & Rebekkah LaDyne

with Liz Powell

Enjoy a weekend of Family Practice, Parent Practice, Hiking, and Community.

During this relaxed weekend we will gather for teacher-led family practice periods and parent practice periods as well as special groups for the children. We will alternate between structured retreat practice, hiking, crafts and small group sharing circles.

Everyone will also lend our hands to simple chores to help with the retreat.

Jikoji is a rustic Zen Center in the middle of an open space preserve off Skyline Blvd. in the Santa Cruz Mountains.

Accommodations are camping and shared dorm rooms.

This is sure to be a memorable weekend for the whole family. Join us!

Forms for registration by lottery will be available starting Jan. 29th on
www.insightmeditationcenter.org

There is no cost for this retreat. Dana (donations) are welcome.

Contact Liz Powell for more information at eapowell@aol.com.