

# IMC presents a Week-long Retreat

*at the Hidden Villa Hostel*  
with Gil Fronsdal



**Sunday October 14 to Sunday October 21, 2012**  
(admission by lottery)

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 Hidden Villa Hostel near Los Altos.

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 \$200 deposit is required to reserve a space. Your deposit will be refunded as long as you attend the retreat, or cancel no later than Sept. 23 (three weeks before the retreat begins).

To enter the lottery for this retreat, both your **application and deposit must be received by August 1, 2012**. Please go to [www.insightmeditationcenter.org](http://www.insightmeditationcenter.org) and follow the links to our online registration system from the Residential Retreats page. Then **mail your \$200 deposit made payable to IMC**, to

Bart de Greef  
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For more information or if you do not have computer access to download the forms contact

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