

# IMC presents a Two Week Retreat

at the Hidden Villa Hostel Sept. 16 – 30, 2012  
with Gil Fronsdal  
(admission by lottery 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.

**Prerequisites:** This retreat is for practitioners who have sat 3 or more 10-day Vipassana residential retreats. Those who have not sat *THIS* retreat before, need to check in with Gil Fronsdal about participation before applying.

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 Aug. 5, 2012.

Registration will open on May 1 2012. **To enter the lottery for this retreat, you must meet the prerequisites above, then your application *and* deposit must be received by May 31, 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 \$350 deposit made payable to IMC, to: Laura Crabb**

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