

IMC presents a Two Week Retreat

at the Hidden Villa Hostel Sept 19 to Oct 3, 2010
with Gil Fronsdal



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 August 7, 2010.

Registration will open on May 19, 2010.

To reserve your space after having checked with Gil Fronsdal, please complete: (a) the **Application** and (b) the **Participation Agreement and Liability Release found on our website at: www.insightmeditationcenter.org** and send them, along with (c) your **\$350 deposit made payable to IMC**, to

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