

IMC presents a Weeklong Retreat

at the Hidden Villa Hostel
with Gil Fronsdal and Andrea Fella



Friday to Friday
May 6-13 2011

This is a silent mindfulness retreat with alternating sitting and walking meditation, as well as instruction, Dharma talks, and interviews with Gil and Andrea. 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 three weeks before the retreat begins.

To reserve your space, please go to our website at www.insightmeditationcenter.org and follow the link to our **web-based application form including a Liability Release**. After completing this online, **you must send your \$200 deposit made payable to IMC, to**

Beverly Spiker
1653 Kentucky St., Redwood City, CA 94061

For more information or if you do not have computer access to access the web-based application, contact

Beverly Spiker bevss@hotmail.com or phone Phone: 650 365-1092