

Insight Meditation Center
Memorial Day Family Retreat
3rd - 7th Graders & Parents



12 p.m. Sat. May 28 to 1 p.m. Mon. May 30, 2011
at Jikoji Retreat Center

with Gil Fronsdal, Rebekkah LaDyne & Liz Powell

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

During this relaxed weekend we will gather for teacher led family practice periods and parent practice periods as well as community created and led activities for all.

Families are invited to bring music, art activities and stories of dharma in daily family life to share. We will alternate between structured retreat practice, hiking, crafts and sharing circles.

We will also lend our hands to cooking for the retreat and simple work projects.

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, shared dorm rooms, or small single 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. 27th on
www.insightmeditationcenter.org