

# IMC presents a Weeklong Retreat

*at the Hidden Villa Hostel*  
with Gil Fronsdal and Paul Haller



**Sunday Oct. 9 to Sunday Oct. 16, 2011**  
*(admission will be via lottery, see below)*

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 by Sept. 18.

To enter the lottery for this retreat, both your **application and deposit must be received by July 1, 2011**. 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

Beverly Spiker  
1653 Kentucky St.  
Redwood City, CA 94061

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

**Beverly Spiker** [bevss@hotmail.com](mailto:bevss@hotmail.com) 650 365-1092