

IMC presents a Week-long Retreat

at the Hidden Villa Hostel

with Andrea Fella and Anushka Fernandopulle



Sunday April 15 to Sunday April 22, 2012

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 three weeks before the retreat begins.

To enter the lottery for this retreat, both your **application and deposit must be received by February 15, 2012**. Please go to 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

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

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