

IMC presents a Week-long Retreat

at the Hidden Villa Hostel
with Gil Fronsdal and Andrea Fella



Sunday March 18 to Sunday March 25, 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 January 18, 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

Tracy Ross
1817 Cottage Grove Ave.
San Mateo, CA 94401

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

Tracy Ross tracyann524@gmail.com 650 200-3436