

# INSIGHT RETREAT CENTER

## OPEN HOUSE



**When:** Saturday & Sunday, November 3 & 4, 9am to 4pm

**Where:** 1906 Glen Canyon Rd, Santa Cruz

**Carpooling:** See website: [www.insightretreatcenter.org](http://www.insightretreatcenter.org)

**Refreshments** will be provided.

We are delighted to announce that we have completed the first phase of our retreat center renovation. Come by IRC and tour the grounds and facilities—see the transformation from retirement home to retreat center and have the opportunity to meditate in the new meditation hall.

Gil Fronsdal recently wrote:

*“Meditation retreats are powerful and nurturing places for developing one’s spiritual practice. With a schedule devoted to meditation, they foster a continuity that lets the benefits of the practice blossom. By separating participants from their usual responsibilities and distractions, retreats allow for a full immersion in the practice. As a way of “retreating” from our daily lives and habits, they make space for new perspectives and reflections to emerge.”*

Find out how IRC is making this possible.