

Property Search Criteria

Desired features of land or location:

- Within 15–20 minutes of IMC
- Minimum property size of 1/2 acre in a quiet neighborhood
- Potential for privacy via landscaping, fencing and walls, etc
- 8,000–9,000 sq ft building, or flat enough property to build one, with plenty of outdoor walking meditation space

For existing buildings to be useable, they would need to have the potential for:

- Bedrooms for 25 retreatants and staff
- Kitchen with Dining room for 30
- Meditation room for 30
- Walking space indoors and outdoors
- Interview rooms, office space, stretching or yoga space
- Attractive grounds
- Adequate parking

Cost guidelines: \$3.5 million total. We have \$2 million currently available for this project. We hope to raise at least another \$1 million, and could borrow up to \$500,000 more for the right place.

How You Can Help

Donate: We hope to raise at least \$1 million dollars to be able to purchase suitable property and build or renovate. We will gratefully accept any donation you may be inspired to offer. Please note “Insight Retreat Center” on your check memo line. All donations are fully tax-deductible.

Mail to:

Insight Meditation Center
1205 Hopkins Ave
Redwood City, CA 94062

To Donate Online: Go to our website, www.insightretreatcenter.org.

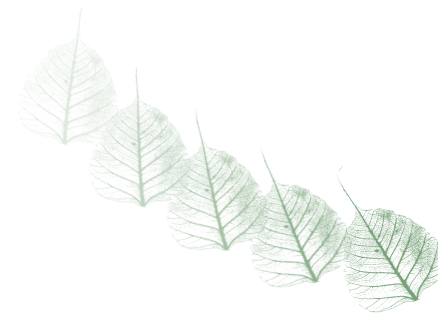
Property Search: Let us know of any potential properties. See the “Property Search Criteria” section for details. Contact: Susan Ezequelle (650) 592-0324 susanjanus@comcast.net

Volunteer Your Skills: As this project develops, we will need help with landscaping, construction, maintenance, administration, cooking, fundraising, repairs, etc. To volunteer, contact IMC’s Managing Director, Ines Freedman inesfreed@gmail.com (408) 732-7535

We have a new website where details and updates on our progress will be posted: www.insightretreatcenter.org

“Meditation retreats bring forth the best in people. As seedbeds for compassion and liberation they help de-stress, heal, purify, reveal, develop, deepen, unify, and nourish our hearts and minds.”

—Gil Fronsdal



Insight Meditation Center
1205 Hopkins Ave
Redwood City, CA 94062
(650) 599-3456

E-MAIL
info@insightmeditationcenter.org

WEBSITE FOR IMC
www.insightmeditationcenter.org

WEBSITE FOR INSIGHT RETREAT CENTER
www.insightretreatcenter.org

INSIGHT RETREAT CENTER

*Join IMC in
Realizing the Vision*

Insight Meditation Center

IMC began in 1986 as a small group of people meditating together once a week. In 1990 we were joined by our guiding teacher Gil Fronsdal. By 1997, we were meeting several times weekly in rented facilities with overflowing attendance. We began to formulate a vision for acquiring our own home, hoping to create a place where we could offer a wider range of programs as well as residential retreats. In 2001, we purchased a former church in Redwood City well-suited for our non-residential activities. Through the generosity of our extended sangha, we were able to pay off the mortgage in only three years.

Today, hundreds of people participate in events at our center throughout the week. Our talks are shared with a world-wide audience through our online Audio Dharma program. We have been expanding our retreat programs, continuing to rely on rented facilities. In 2004, we undertook a commitment to offer these retreats free of charge, as we do all our other programs. This continues the Buddhist tradition that all teachings be given freely, or on a *dana* basis, relying solely on the generosity of the community for support.

IMC is now ready to embark on its next stage of growth. We have recently been offered an extraordinarily generous gift of \$2 million toward fulfilling our vision to have our own residential retreat center.

Retreat Practice

The opportunity to dedicate a period of time to intensive practice is one of the most precious aspects of our tradition.

Continuity of attention over several days, undisturbed by external demands or diversions, can allow the body to settle, the mind to clear and the heart to relax. Through a deeply felt encounter with the simplicity of being, we can discover for ourselves how to cultivate a peaceful mind and a loving heart.

Through periods of retreat, alternating with integration of what we have learned into our daily lives, we gradually learn to bring clarity and kindness to our lives in the world.

The support of a teacher and fellow retreatants helps create a safe and protected environment essential to this transformative process. A simple contemplative schedule of silent sitting and walking meditation is supported by daily dharma talks, instruction and interviews.

It is heartwarming to imagine how having our own retreat center will make this opportunity an integral and regular part of IMC's offerings.



The Vision

Having our own urban retreat center, accommodating 20–25 retreatants, would allow us the flexibility to provide a variety of residential programs:

- Frequent weekend retreats for beginners or working householders
- Week-long or longer retreats offered by Gil Fronsdal and guest teachers
- Study retreats in partnership with the Sati Center
- Opportunities for long-term individual practice
- A variety of special focus retreats such as for Teens, Families, Young Adults, People of Color, LGBTQ, Teachers, and others
- Special themes such as Metta, Concentration, Monastic, Inquiry, and others
- Short-term residence for visiting teachers or monastics
- Offered for use by other Bay Area sanghas on a *dana* basis
- Opportunities for teacher training

We believe this kind of small, local, intimate center will enable us to sustain the commitment to our *dana* and volunteer-based culture while offering a unique avenue to deepening practice for the diverse population of the Bay Area and the wider sangha.

We are now in our third year of successfully offering all IMC retreats at no cost. Our commitment is to maintain this tradition at the new center. In this way, we are helping to extend in the West the open invitation to deeper practice that

has always been offered by monasteries and centers in Asia. This opens the possibility of going on retreat to many who could otherwise not afford it.

We anticipate that the retreat center's operations will be supported—as our retreats are now—by a combination of *dana* from retreatants and support from the wider community. Ideally, an endowment would fund the ongoing expenses of the retreat center in perpetuity. This would allow us to primarily focus on providing retreatants the opportunity to practice deeply in a retreat environment.

By locating the retreat center near IMC, it will make it possible for our teacher, Gil Fronsdal, to lead regular retreats there while continuing his participation in IMC's current offerings. The proximity will also make it easier to establish our volunteer culture there as we will be depending on our community for support. This will provide not only cost benefits, but an opportunity for service and for deepening our connections with each other.

