

# Satipatthana Study & Meditation Retreat

*at the Insight Retreat Center*

with Analayo Bhikkhu and Gil Fronsdal

co-sponsored by the Satī Center for Buddhist Studies



**April 17 to 24, 2013 ~ Wednesday to Wednesday**

Registration opens on 12/17/12.

The Satipatthana Sutta contains the Buddha's most comprehensive instruction in mindfulness practice. This weeklong study and meditation retreat will provide an in depth opportunity to learn and practice these teachings. Each afternoon Analayo Bhikkhu will offer a two-hour class on the Satipatthana Sutta. Gil Fronsdal will guide the meditation practice. Aside from the teachings offered each day, this will be a silent retreat with periods of sitting and walking meditation, dharma talks, work meditation, and opportunities for practice discussion.

**Requirements:** Attended a 7-day Insight Retreat and read Analayo Bhikkhu's book, *Satipatthana: The Direct Path to Realization*.

**Accommodations:** Single rooms. Shared or communal bathrooms. Vegetarian meals.

**Cost:** This retreat is offered on a *dana* or freely given basis. At the end of the retreat, participants can make a donation to the teachers and to IRC for its operational expenses. A refundable \$200 deposit is required which will be refunded if you attend the retreat or cancel at least three weeks before it begins. Admission will be by lottery; your online deposit or postmarked check must be received by **1/7/13** to be included.

Online application is found at [insightretreatcenter.org/retreat](http://insightretreatcenter.org/retreat). When you have filled it out, submit your **\$200 deposit** online (preferred) or mail a check, **payable to IRC**, to:

**Insight Retreat Center, 1906 Glen Canyon Rd, Santa Cruz, CA 95060**

If you do not have computer access, contact the Registrar,  
**Debra Chromczak** at [debra.chromczak@gmail.com](mailto:debra.chromczak@gmail.com) or (831) 421-0876.

For information about IRC retreats: [www.insightretreatcenter.org](http://www.insightretreatcenter.org)