

# **Mindfulness of Mind**

## **14-Day Retreat**

*at the Insight Retreat Center*  
with Andrea Fella



**June 22 to July 6, 2013 ~ Saturday to Saturday**

Registration opens on 2/22/13.

In this two-week residential retreat, we will explore the mindfulness practice taught by Sayadaw U Tejaniya, which is based on the Four Foundations of Mindfulness with an emphasis on awareness of the qualities of mind. The practice encourages relaxation of body and mind while paying close attention to present moment experience, and the quality of the mind that meditates. The practice unfolds through continuity of awareness in all activities.

This retreat will provide an opportunity for retreatants to determine their own rhythms of sitting and walking practice. The majority of the retreat will be structured for “self-directed practice”. Daily practice guidance will be provided through Dhamma talks, Q & A sessions, individual practice discussions and small group discussions, as well as through the writings of Sayadaw U Tejaniya.

This residential retreat will be held at the Insight Retreat Center (IRC) near Santa Cruz. For this special two-week retreat, Nancy Reed will be offering her services as a cook, on a donation basis.

**Prerequisite:** One seven-day silent Vipassana retreat and permission from the teacher. The registrar will contact the teacher regarding your application when you apply.

**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 teacher, cook, and to IRC for its operational expenses. A refundable \$350 deposit is required which will be refunded if you attend the retreat or cancel at least six weeks before it begins. If needed, admission may be by lottery; your online deposit or postmarked check must be received by **3/15/13** to be included, if a lottery is necessary.

To reserve your space, go to [insightretreatcenter.org/retreats](http://insightretreatcenter.org/retreats) and complete the online application. Then submit your **\$350 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,  
**Beverly Spiker** at [bevss@hotmail.com](mailto:bevss@hotmail.com) or (650) 365-1092.

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