

Dharma Integration Weekend

at the Insight Retreat Center

with Gil Fronsdal and Andrea Fella



July 26 to 28, 2013 ~ Friday to Sunday

Registration opens on 3/26/13.

One of the most valuable ways of integrating Dharma practice into our lives is to practice and learn the Dharma while in community with others. This weekend retreat will provide a coordinated schedule of meditation, teachings, discussions, work, periods of silence, and informal social time all aimed at developing mindfulness and insight in all our activities. The weekend is also a time to come together in community so we can develop friendships with other practitioners. This residential retreat will be held at the Insight Retreat Center (IRC) near Santa Cruz, California.

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 the IRC Retreat Fund for its operational expenses. A refundable \$100 deposit is required to complete your registration. Deposits will be refunded if you attend the retreat or cancel at least three weeks before it begins. If needed, admission may be by lottery; your online deposit or postmarked check must be received by **4/16/13** to be included in the lottery.

To reserve your space, go to insightretreatcenter.org/retreats and complete the online application. Then submit your **\$100 deposit** online (preferred) or mail a check, **payable to IRC**, to:

Insight Retreat Center, 1906 Glen Canyon Road, Santa Cruz, CA 95060

If you do not have computer access, contact the Registrar,
Bruni Davila at bruni@insightretreatcenter.org or (510) 759-3169.

For information about IRC retreats visit: www.insightretreatcenter.org