

14-Day Insight Retreat

at the Insight Retreat Center
with Gil Fronsdal



September 15 to 29, 2013 ~ Sunday to Sunday

Registration opens on 5/1/13.

This silent mindfulness retreat is for experienced yogis who want to go deeply into the practice with alternating sitting and walking meditation, instruction, dharma talks, work meditation, and practice discussion with the teacher. The residential retreat will be held at the Insight Retreat Center (IRC) near Santa Cruz, California. During this special 14-day retreat, Nancy Reed will offer her services as the cook, on a donation basis.

Requirements: Attended at least three 7-day (or longer) silent meditation retreats and permission from the teacher.

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 and to the IRC Retreat Fund for its operational expenses. A refundable \$350 deposit is required to complete registration. Deposits will be refunded if you attend the retreat or cancel at least six weeks before it begins. Admission will be by lottery; your online deposit or postmarked check must be received by **5/22/13** to be included.

An online application is found at insightretreatcenter.org/retreat. After you complete the application, submit your **\$350 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,
Bart deGreef at bartdegreef@insightretreatcenter.org or (650) 279-9322.

For information about IRC retreats: www.insightretreatcenter.org