

# Seven-Day Insight Retreat

*at the Insight Retreat Center*  
with Gil Fronsdal and Richard Shankman



**October 20 to 27, 2013 ~ Sunday to Sunday**

Registration opens on 6/20/13.

This is a silent mindfulness retreat with alternating sitting and walking meditation, instruction, dharma talks, work meditation, and practice discussion with the teachers. 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 to IRC for its operational expenses. A refundable \$200 deposit is required to complete 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 **7/11/13** to be included.

To reserve your space, go to [insightretreatcenter.org/retreats](http://insightretreatcenter.org/retreats) and complete the online application. Then submit your **\$200 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](mailto:bruni@insightretreatcenter.org) or (510) 759-3169.

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