

Three-Day Retreat:

INTRODUCTION TO MINDFULNESS MEDITATION

with Ines Freedman, Max Erdstein
and Kim Allen (*Chi Kung*)



August 15 to 18, 2013 ~ Thursday to Sunday

Suitable for both beginners and those wanting to review the basics of practice, this silent retreat includes alternating sitting and walking meditation, instruction, dharma talks, work meditation, and practice discussion with the teachers. There will be instruction in mindfulness of the breath, body, emotions, thoughts and walking.

Where: Insight Retreat Center, 1906 Glen Canyon Rd., Santa Cruz (*in Scotts Valley*)

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 \$100 deposit** is required which will be refunded if you attend the retreat or cancel at least three weeks before it begins. Admission may be by lottery, see website for details.

Register: Fill out the online application at insightretreatcenter.org/retreats. Once its filled out, submit your **\$100 deposit** online (preferred) or mail a check payable to *IRC*, to: Insight Retreat Center, 1906 Glen Canyon Rd., Santa Cruz, CA 95060

Questions? Contact the registrar, Doug Wiebe: doug@insightretreatcenter.org

Website: insightretreatcenter.org ~ Email: info@insightretreatcenter.org