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Volunteers who participate in the meditation center's programs in Redwood City visited Friday to tend to the flowers and perform other maintenance chores.

Freedman, 57, of Sunnyvale, a retired chiropractor, came with her husband Bruce. She plans to volunteer full time to get the retreat center ready to open a year from now.

The downstairs looks anything but institutional, with a piano and chandelier-style lighting in the living room and stained glass windows.

She planned the building in 1986 for her mother, who had cancer. Sadly, her mother died before it opened, and Beam decided to open the doors to people with Alzheimer's. She put up the gate to keep them from wandering away.

The upstairs is an unfinished 6,000-square-foot shell where Beam had considered expanding.

That area is slated for completion as a meditation area, with part of the space turned into bedrooms for people participating in weekend or weeklong retreats.

Santa Cruz architect Gerald Yates has been retained to draw up the plans.

"It's important for us to stay local," Freedman said.

Insight Meditation Center started in 1986 as an informal sitting group learning about Buddhist teaching and practice.

The founding leader is Gil Fronsdal. He began training in 1989 to teach Vipassana, which means sitting meditation.

The group, which is open to all religions, has grown to 400 participants, ranging from teens to retirees, and added a second teacher, Andrea Fella.

Instruction is available at the group's rented space in Redwood City and online; there are no employees.

"Everything is done by donation," Freedman said, using the word "dana," which means generosity.

She said county planning staff have been helpful.

"They did things faster than we expected," she said

Fronsdal is asking for donations to raise \$2.3 million to complete the renovations at the new retreat center and acquire an adjacent 38-acre forest preserve.

Every dollar raised up to \$500,000 will be matched by a donor, according to a letter Fronsdal posted on the center's website, describing the retreat center as "our gift to future generations."

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