



Interested in Meditation?

Come and see an informational video to learn more about Vipassana Meditation courses.

Vipassana literally means *to see things as they really are*. It is a systematic way of developing insight and can be practiced by anyone.

Instruction in Vipassana Meditation in the tradition of Sayagyi U Ba Khin, as taught by S.N. Goenka and his assistant teachers, is given in ten-day retreats. *There is never a charge for these teachings. Donations are accepted from those who, upon completing the training, wish to contribute for future students.*

What: Introduction to Vipassana Meditation (56 min)

Date: Sunday, May 28, 2006

Time: 11:00 am

Location: Spartan Village Community Center
1460 Middlevale Rd, East Lansing, MI 48823

Informal Q&A session follows. This event is free and open to the public.

Event generously hosted by Lansing Buddhist Association

Michigan Vipassana Association is a non-profit group that hosts meditation courses in Michigan.

For more info about Vipassana Meditation in Michigan, please visit www.mi.us.dhamma.org

Introduction to Vipassana Meditation

Sunday, May 28, 2006 @ 11:00 am

www.mi.us.dhamma.org/events.shtml

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