

Michigan Vipassana Association
Presents



Free Viewings

Vipassana Meditation

Information, Videos, and Question and Answer Sessions

Sunday, Jun 25, 2006 (12:45pm) Introduction to Vipassana

Sunday, Sep 10, 2006 (12:45pm) Mental Wealth

Sunday, Dec 3, 2006 (12:45pm) Doing Time, Doing Vipassana

Q&A Session will follow the screening.

These events are open to all, free of charge.

Hosted by: Center For Yoga
6710 Orchard Lake Rd
West Bloomfield, MI 48322
248-865-YOGA (9642)

June 25, 2006 (12:45pm) – Introduction to Vipassana (56min)

This public discourse by S.N. Goenka was given at the Vipassana Meditation Centre in Blackheath, Australia in 1990. The discourse is a comprehensive introduction to the Vipassana practice and the ten-day course, with a lively question and answer session at the end.

September 10, 2006 (12:45pm) – Mental Wealth (62min)

This public discourse by S.N. Goenka was given at the Harvard Business School Club in New York City in August, 2000. Since Goenka was himself a businessman for many years, he addresses many points of interest to the audience. The discourse is a general introduction to Vipassana suitable for any audience and is followed by a lively question and answer session.

December 3, 2006 (12:45pm) – Doing Time, Doing Vipassana (52min)

This film is about the teaching of Vipassana meditation in the Indian prison-system and the remarkable results achieved in the attitudes and behavior changes of the inmates who participated.

For more information about Vipassana Meditation, please visit www.dhamma.org

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

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

Vipassana Intro (Sundays, 12:45pm)

6/25/06 | 9/10/06 | 12/3/06

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

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