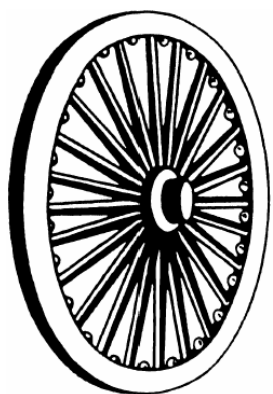


Michigan Vipassana Association (<http://www.mi.us.dhamma.org>)

Presents

An informational video showing...



Vipassana 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 as taught by S.N. Goenka, in the tradition of Sayagyi U Ba Khin, is given over the course of a 10-day retreat.

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 (56 minute video)

Date: Saturday, April 14, 2007

Time: 1:30 pm

Location: Crazy Wisdom Bookstore
114 S. Main Street
Ann Arbor, MI 48104

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

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

Saturday, April 14, 2007 @ 1:30 pm

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

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