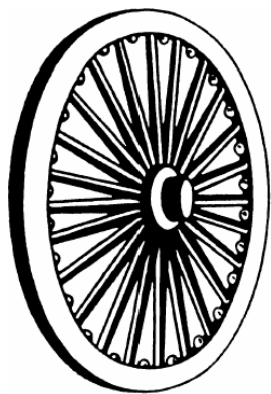


Presents

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: Sunday, February 24, 2008
Time: 5:00 pm
Location: Priya Restaurant
36600 Grand River Ave
Farmington Hills, MI 48335

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

Sunday, February 24, 2008 @ 5:00 pm

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

Priya Restaurant

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