Michigan Vipassana Association presents an informational video showing...

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](http://www.mi.us.dhamma.org)