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