



Vipassana Meditation

As taught by S. N. Goenka and his Assistant Teachers

Vipassana means seeing things as they really are. It is a practical method of self-awareness which makes it possible to face the tensions and problems of daily life in a calm and balanced way. This path of mental purification is unique in its simplicity, lack of dogma and, above all, its results. A 10-day residential course of instruction is an opportunity to learn this technique and experience the benefits of a period of intensive meditation.

Courses are supported entirely by voluntary donations. Neither the assistant teachers of S.N. Goenka who conduct the courses, nor the organizers, receive any remuneration for their services.

10-Day Vipassana Meditation

courses will be held in **2009**:

Dates: May 20 - May 31, September 23 - October 4

Location: Camp Fairlee Manor, Chestertown, MD

Languages: English / Hindi

For information or to apply for the course:

Course Registration: registration@midatlantic.us.dhamma.org

Phone: 202-521-5203

Apply Online: <http://www.midatlantic.us.dhamma.org>

More course dates and locations are available at:

<http://www.dhamma.org>