



Vipassana Meditation

as taught by S.N. Goenka and his assistant teachers in the tradition of Sayagi U Ba Khin

www.Dhamma.org

Vipassana means “seeing things as they really are.” It is a practical method of self-awareness that 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 ten-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 course organizers, receive any remuneration for their services.

For more information, please visit the **Northwest Vipassana Center** website: www.kunja.dhamma.org

Scheduled Meditation Courses for 2013

Ten-Day Introductory Courses at the Northwest Vipassana Center (Onalaska, WA):

Feb.27-Mar.10	Apr. 10-21	June 19-30	July31-Aug 11	Oct. 23-Nov.3
Mar. 13-24	May 1-12	July 3-14	Aug 14-25	Nov. 6-17
Mar. 27-Apr. 7	June 5-16	July 17-28	Sept. 11-22	Dec 4-15
			Oct. 9-20	Dec 21-Jan 1

Ten-Day Course for Business Executives, Government Officials and Community Leaders

August 28-September 8

For more information visit www.executive.dhamma.org

To apply for these courses, please visit www.kunja.dhamma.org or contact:

Northwest Vipassana Center – *Dhamma Kuñja*

445 Gore Road, Onalaska, WA 98570

Phone: 360-978-5434 x.2 Fax: 360-242-5988 E-Mail: registration@kunja.dhamma.org

Children's and Teens' Courses

April 26-28 – Teens' course

Sep. 27-29 – Children's Course

Children's courses for 8 to 12 year-olds and teens' courses for 13 to 17 year-olds feature talks and instructions recorded specifically for young people by S.N. Goenka. The program includes learning Anapana (awareness of respiration), and the five “promises” (precepts), along with games, journaling, arts and crafts. You can download an application at www.kunja.dhamma.org/children, or contact us to receive a packet by mail or fax

Courses in Vipassana meditation as taught by S.N. Goenka are also held in the following areas:

Joshua Tree, CA – (760) 362-4615	Pecatonica, IL – 815-489-0420	Merritt, BC – (250) 353-2144
North Fork, CA – (559) 877-4386	Shelburne Falls, MA – (413) 625-2160	Egbert, Ontario – (705) 434-9850
Kelseyville, CA – (707) 928-9981	Kaufman, TX – 972-932-7868	Sutton, Quebec – (514) 481-3504
Jessup, GA - (770) 456-5385	Valle de Bravo, Mexico - 011 (52-777) 3-18-44-49	

Course schedules and more information for these and other course locations worldwide are available at

www.Dhamma.org