



Vipassana Meditation

1-Day Course in South Florida Sunday, June 25, 2017

Dear Old Student,

We are pleased to announce a 1-Day Course in the South Florida area conducted by local Assistant Teacher.

Guidelines for this course are the same as at any meditation center in this tradition. Participants should be old students who have attended at least one 10-day course as taught by S.N. Goenka. Please dress modestly and observe noble silence and gender segregation in the meditation area.

To Register: Please send an email to south-florida-info@patapa.dhamma.org with the following information.

- Full name
- Birth date
- Date of your last course

Timetable:

8:30-9:20 AM: Registration

9:30 AM-4:30 PM: Course

4:30-5:00 PM: Local group sitting information sharing

Location:

South Bay Crossroads Center
50 Levee Road
South Bay, FL 33493



Items to Bring:

- Please bring your own cushions, shawls, and items that you may need for meditation.
- Lunch: Salad and simple vegetarian lunch will be provided. Please feel free to bring your own vegetarian lunch especially if you have any allergies or are on any special diets.

Ride-share: Ride-share worksheet will be sent with acceptance email.

Volunteer Opportunities:

This course was arranged by voluntary assistance of Old Students. If you would like to help, please send an email to south-florida-info@patapa.dhamma.org or let us know in your email when you register.

Old Student contact: Cris: (305) 982-7755, Juthamas: (929) 376-7284

Best wishes,
Group Sitting Hosts