



# *Vipassana Meditation*

## **1-DAY COURSE IN MERRITT ISLAND, FLORIDA SATURDAY AUGUST 19, 2017**

Dear Old Student,

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

Guidelines for this course are the same as at any meditation center in this tradition. Participants must 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 during the course.

**To Register:** Please send an email to [south-florida-info@patapa.dhamma.org](mailto:south-florida-info@patapa.dhamma.org) with the following information.

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

### **Timetable:**

- 8:30 am - 9:15 am: Registration
- 9:30 am - 4:50 pm: Course
- 4:50 pm - 5:30 pm: Local group sitting information sharing

### **Location:**

Unity of Merritt Island  
4725 N. Courtenay Pkwy.  
Merritt Island, FL 32953

### **Items to Bring:**

- Please bring your own cushions, shawls, and items that you may need for meditation.
- Please bring your own vegetarian lunch. There will be limited refrigerator space and limited access to a microwave.

**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](mailto:south-florida-info@patapa.dhamma.org) or let us know in your email when you register.

**Old Student contact:** Aurora (321) 693-7695

Best wishes,  
Local Group Sitting Hosts

