



## *Vipassana Meditation*

### **1-Day Course in South Florida Sunday, July 30, 2017**

Dear Old Student,

We are pleased to announce a 1-Day Course in the South Florida area. 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 in the meditation area.

**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:**

8:30-9:20 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 have a volition to help, please send an email to [south-florida-info@patapa.dhamma.org](mailto:south-florida-info@patapa.dhamma.org) or mention in your email when you register.

**Old Student contact:** Cris: (305) 982-7755, Juthamas: (561) 463-0449

Best wishes,  
Local Group Sitting Hosts