

illinois vipassana meditation center

# Friends & Family Day

APRIL 26  
11-4

register on eventbrite

Tour of grounds  
Tours from 11:30-2:45

Q&A

vegetarian

refreshments



**Vipassana** is a simple and practical method of mental purification, which makes it possible to face the tensions and problems of daily life in a calm and balanced way. Vipassana literally means “to see things as they really are.” It is a systematic way of developing insight and can be practiced by anyone. Instruction in Vipassana meditation is given in ten-day retreats. Courses are supported entirely by the donations of those who, upon completing the training, wish to contribute for future students.

SCAN TO  
REGISTER



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