



Vipassana Meditation

As taught by S.N. Goenka and his Assistant Teachers

Hawaii Vipassana (2014)

May 21 - June 1

June 4 - June 15

July 23 - August 3

August 6 - August 17

August 27 - September 7

Location: Big Island of Hawaii

(Near Pahoa: 512-843-5039)

For more information or to apply for a course visit

www.hi.us.dhamma.org



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hawaii vipassana*

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. This path of self-awareness is extraordinary in its simplicity, its lack of dogma, and above all its results.

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. *There is never a charge for these teachings. Donations are accepted from those who, upon completing the training, wish to contribute for future students.*

Old student alumni needed to help serve full or part-time for these courses.

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