



# ILLINOIS VIPASSANA MEDITATION CENTER

**V**ipassana 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.

## 10-Day Adult Courses For 2018 (summer/fall/winter)

Jun 6-17	Jul 25-Aug 5	Oct 10-21	Nov 21-Dec 2
Jun 27-Jul 8	Aug 8-19	Oct 24-Nov 4	Dec 5-16
Jul 11-22	Aug 29-Sep 9	Nov 7-18	Dec 19-30

## Young Students age 8-15 Courses For 2018

**June 23                  June 24**

Additional information on our website.

## Open House

**SUNDAY, MAY 27  
Noon – 4 p.m.**

Tour of grounds, video, Q&A,  
refreshments, vegetarian food

Se habla español

Mluvime cesky

Говорим по Русский

Mowimy po polsku

我们会说普通话

เราพูดภาษาไทยได้ค่ะ

हन्दी यहाँ बोली जाती ह

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