



Vipassana Meditation Belgium **OPEN DAY**

SUNDAY, 18th JUNE 2023 | 1.30 - 5 PM

Please come visit us. You can see our facilities, especially the new buildings. You can also have a snack with us. All children are welcome. We are happy to answer any questions you may have about us and the meditation technique that we practise.

The centre opened in June 2000. Thousands of people from all walks of life have participated in our courses. Hundreds of volunteers offer their services each year to make our courses viable. There is a growing demand for the courses and the waiting lists are quite long.

Vipassana meditation supplies its practitioners with tools for living a happier and more harmonious life: it is a practical, non-sectarian technique for cleansing the mind and gaining insight into oneself.



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