

VIPASSANA MEDITATION

Cultivating a Life of Inner Peace

Vipassana helps people find a way of life that withstands the rigors of daily life, and that provides personal insight, psychological development, heightened well---being, and spiritual community.

A lecture with Paul R. Fleischman, M.D

When: *Wednesday, April 10, 2013, 7 - 8:30pm*

Where: *Smith-Buonanno Hall, Room 106
95 Cushing Street, Providence*

Info: http://boston_vipassana_brown.eventbrite.com/

About Vipassana Meditation

Vipassana, which means to see things as they really are, is one of India's most ancient techniques of meditation. It was taught in India more than 2500 years ago as a universal remedy for universal ills. Today it is being taught in more than 150 meditation centers throughout the world.

www.dhamma.org

Dr. Paul R. Fleischman is a Vipassana meditation teacher in the tradition of S.N Goenka. He is the author of several books including *Wonder, Cultivating Inner Peace, Karma and Chaos* and *An Ancient Path*. Dr. Fleischman practiced psychiatry for more than 30 years and has lectured widely in the Americas, Asia and Europe. He was honored by the American Psychiatric Association for his contributions to the study of spirituality and religion in medicine.

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