



S. N. Goenka North American Tour 2002

**Meditation Now** Inner Peace through Inner Wisdom

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FOR IMMEDIATE RELEASE

## **S. N. Goenka To Tour North America in 2002**

### **Internationally Known Teacher of Vipassana Meditation**

### **To Give Public Talks in 35 Cities and Teach**

S. N. Goenka, the internationally known teacher of meditation, will conduct a nearly four-month tour of North America, April to August, 2002. He will be teaching and speaking about the ancient meditation practice of Vipassana throughout the United States and Canada, spreading information about this simple, practical way to achieve real peace of mind.

During the tour, Mr. Goenka will give public talks in 35 cities; participate in ten-day meditation courses in Massachusetts, Washington, and British Columbia; teach at numerous one-day meditation courses for returning students, and participate in a special ten-day retreat for leaders and executives. He will speak at the *Spirit in Business* conference in New York, address the United Nations to mark the Buddha's birth date, and meet with business and government leaders and with corrections officials where Vipassana courses are offered to inmates. The tour begins in New York City April 20 and ends there August 6.

S. N. Goenka, 78, is widely respected as the foremost lay teacher of Vipassana. Based in India, he oversees 80 meditation centers worldwide, and meditation courses using his approach have been held in 90 countries. Every year more than 100,000 people attend ten-day meditation retreats under his guidance. This is Mr. Goenka's first extended teaching tour in North America.

Vipassana means "to see things as they really are." This non-sectarian technique of mental training and ethical conduct is the essence of what the Buddha taught. It is a logical process of mental refinement through self-observation. As taught by Mr. Goenka, Vipassana is open to everyone, regardless of background or belief, and is offered free from any commercial interest. All meditation courses, even accommodations and food, are given completely free of charge, supported by voluntary donations from previous participants.

This visit is a unique opportunity for anyone interested in meditation in its purest and simplest form. The tour is organized by Vipassana students of S. N. Goenka and supported by the Dhamma Tour Fund. All tour events are free of charge. For a complete schedule see <http://www.MeditationNow.org>.

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