



VIPASSANA MEDITATION CENTERS

The North American Vipassana centers provide each Executive Course participant with a private bedroom and bathroom. Every center has open and wooded spaces with trails for walking during the break times. A variety of nutritious vegetarian meals are provided for breakfast and lunch, while dinners consist of fruit and tea.

"Since my first 10-day course in 1984, Vipassana has profoundly transformed my life. My practice allows me to approach daily activities with increasing awareness, balance, and equanimity. These factors combine with other benefits of Vipassana to enhance decision-making and performance in my personal and corporate life. Vipassana also helps me approach interactions with others with more compassion and understanding. I attribute a large measure of the success I've enjoyed in my business to my Vipassana practice."

~ STEPHEN GORN, CHAIRMAN/CEO
QUESTAR PROPERTIES, INC.



FOR MORE INFORMATION :

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VIPASSANA MEDITATION

10 DAY COURSE FOR LEADERS & EXECUTIVES



EFFECTIVE LEADERSHIP THROUGH INNER WISDOM

Vipassana is a technique of self-observation and ethical conduct that enables practitioners to live a happy and productive life. The Vipassana Executive Course offers leaders a unique transformative experience, while working in comfortable surroundings with senior meditation teachers. Through 10-days of progressive meditation practice and discourses, leaders learn how to move beyond patterns of reaction and increase their clarity, effectiveness and peace of mind.

WHO TEACHES THE COURSE?

Courses use video and audio recordings of Mr. S.N. Goenka, a world-renowned meditation teacher and former business leader. Mr. Goenka has been invited to lecture at diverse institutes around the world, including Stanford University's Business School, the World Economic Forum in Davos, Switzerland, and the Millennium World Peace Summit at the United Nations. Executive Courses are facilitated in person by Mr. Goenka's appointed senior teachers.



"As leaders, we have a responsibility to set an example, to be an inspiration. A wise person once said, 'a balanced mind is necessary to balance the unbalanced mind of others.'"



~ S.N. GOENKA

"Learning and practicing Vipassana meditation has transformed my personal and professional life in unexpectedly positive ways. A healthier lifestyle, enhanced productivity, stress-reduction, improvement in relationships, greater tolerance for others, and a more balanced perspective are among the many benefits I have received."

~ MANISH CHOPRA, PARTNER,
MCKINSEY & COMPANY

Vipassana Meditation

WHAT IS VIPASSANA MEDITATION?

The word 'Vipassana' means to see things as they really are and is one of India's most ancient techniques of meditation. It was discovered by Gotama the Buddha more than 2500 years ago and was taught by him as a way to develop a balanced, non-reactive, peaceful mind. It is a universal, non-sectarian technique that can be practiced by people from all backgrounds.

HOW IS IT PRACTICED?

Vipassana is a mental training practice that focuses on the deep interconnection between the mind and body. There are three steps to the training:



1. Participants undertake a code of ethical conduct and maintain silence during the course.
2. Meditators learn to calm and sharpen the mind by focusing on the natural breath.
3. Meditators learn to systematically observe physical sensations on the body, gradually understanding the relationship between these sensations and mental states. They learn to reduce habitual reactions to sensations and develop a more balanced mind.

Participants receive meditation instructions several times a day and listen to a discourse each evening by Mr. Goenka.



WHAT IS THE SCHEDULE?

Each day begins at 4 a.m. with a wakeup bell and continues until 9 p.m. There are about ten hours of silent meditation throughout the day, interspersed with regular breaks and rest periods.

HOW MUCH DOES THE COURSE COST?

Each student who attends a Vipassana course is given this gift by a previous student. There is no charge for either the teaching, or for room and board. All Vipassana courses worldwide are run on a strictly voluntary donation basis. At the end of your course, if you have benefited from the experience, you are welcome to donate for students on future courses, according to your volition and your means.

HOW DOES THE 10 DAY EXECUTIVE COURSE DIFFER FROM OTHER COURSES?

The technique of Vipassana meditation that is taught in Executive Courses is identical to that taught in regular 10 day courses. However, the Executive Course includes an additional discourse and Q&A by Mr. S.N. Goenka, on how leaders with demanding responsibilities can apply the technique in a practical way. The course also provides a unique opportunity to meditate with other leaders in diverse fields.



WHY ARE VIPASSANA COURSES SO POPULAR?

Each year over 100,000 people world-wide attend 10-day Vipassana courses and they continue to grow in popularity. Students attend the courses because they experience significant practical benefits, including increased self-control, inner balance and happiness in their lives and work. The practice of Vipassana meditation was featured in the award-winning film, The Dhamma Brothers, featured on Oprah, PBS, NPR and Capitol Hill in Washington, D.C.