

VIPASSANA MEDITATION

BLACK HERITAGE COURSE



Dhamma Patapa May 24, 2023

Vipassana Meditation is a silent 10 day retreat where each person is taught a technique that can bring transformation for inner peace and harmony through a process of mental refinement through self observation.

*There are no fees to attend. The courses are made possible by donations from previous students.

*Course fills up quickly, register asap at:

www.patapa.dhamma.org



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