



វិបស្សនាសមាធិ

VIPASSANA INSIGHT MEDITATION !



- Improved physical coordination and athletic performance .
- Increased capacity to relate to others with openness and warmth enhanced enjoyment of yourself and others.
- Increased job proficiency.
- Gained a sense of harmony with life.
- Achieved greater self-acceptance.
- Enhanced creativity.
- Enhanced intuition or "going with your gut".
- Became more patient, more creative, and more open.
- Developed resilience to face tough situations.
- Enriched the sense of generosity, morality, peaceful mind, diligence and intelligence.

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VIPASSANA INSIGHT MEDITATION

Vipassana Insight Meditation opens to the Public, especially those who are interested in practicing meditation to improve one's mindfulness, awareness and consciousness can contact our centre following the schedule:

- May and June: Monday, Wednesday and Friday: From 7:00 PM to 9:00 PM
- Or schedule can be adapted to fit individual needs.

Office Opening: 08:00-11:00 AM & 02:00-5:00 PM (Monday to Sunday)

"No Other Bliss is Greater Than the Perfect Peace".

Contact Us At:

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Fax: (403)235-5475

Email: khmerview@cambodianview.com
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Instructed and Guided by the Very Experienced Monks in Practicing Vipassana Insight Meditation !



WE ACCEPT DONATIONS !