



The Alberta Vipassana Foundation has been offering meditation courses at a peaceful location just outside Youngstown, Alberta since December 2014. The centre, Dhamma Karuṇā, (meaning the compassion of dhamma) provides a quiet, secluded environment for the introspection that forms an integral part of a Vipassana meditation course.

OPEN HOUSE

**VISIT ALBERTA'S
VIPASSANA MEDITATION CENTRE**
11 a.m. to 5 p.m.
SATURDAY, AUG. 17, 2019
30003 Range Road 93
Youngstown, AB

HISTORY OF VIPASSANA IN ALBERTA

Vipassana courses have been given in Alberta since May of 1996 at several temporary locations. The centre, Dhamma Karuṇā, was purchased in August of 2014 through the generosity of those who embrace the technique in their daily lives. It is one of more than 120 centres worldwide offering courses in Vipassana Meditation, as taught by S.N.Goenka and his assistant teachers in the tradition of Sayagyi U Ba Khin.



Alberta Vipassana Foundation



Ten-day silent meditation courses

Travel Times to the centre:
Calgary 3 hours Edmonton 3.5 hours
Regina 5 hours Saskatoon 3.5 hours

**Courses held
every month**

**For more info or to
apply on-line,**

www.karuna.dhamma.org

Worldwide site:
www.dhamma.org

Open House Schedule

Tours of the centre

Refreshments

Screening of
"Dhamma Brothers"
at Noon and 2 p.m.

Activities for kids

**ALL ARE
WELCOME**

**ALBERTA VIPASSANA
FOUNDATION**

PO Box 84124 Market Mall
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