

Vipassana Meditation – Inner Peace Through Inner Wisdom

MORE QUOTES FROM PREVIOUS EXECUTIVE COURSE PARTICIPANTS

"Vipassana is by far the best training I've ever had in management and leadership. Emotional balance and inner peace are extraordinarily useful assets in a normal day at the office."

— **Rob Moodie, CEO, VicHealth**

"I don't know anyone who has been through the full ten-day Vipassana course who doesn't come out the other side of it a different person. It's like scrubbing the paint off the outside of the light bulb and letting the light shine through."

—**Thomas Crisman, Attorney, Jenkins & Gilchrist**

"Vipassana is definitely the best thing going for personal mastery and self-management, which is at the core of what we understand to be leadership today. It builds a sense of integrity and enhances credibility which is essential to leadership. It focuses on the present, improves listening skills, and makes you so much more aware of your environment, of the other people you are working with. Vipassana also builds a sense of equanimity and detachment from problems that helps you work much more strategically."

— **Piers Campbell, Managing Director, Mannett Consulting.** “

“Dealing effectively with stress is one of the greatest challenges that executives are facing today. Also important is the ability to take fearless action and to act proactively. Vipassana is a unique technique that addresses these issues very effectively.”

—**Deepak Advani, Vice President, IBM**

“Vipassana is an art of stress management, an art of people management, an art of conflict management. There may be more to the science of management, but Vipassana can become very nearly the art of total corporate management.”

—**Roop Jyoti, Vice Chairman, Jyoti Group of Industries**

“How often do we allow ourselves ten days of silence to investigate and reflect? The added bonus is learning a technique that increases concentration and productivity, improves communication, and focuses navigation of the moral and ethical terrain we call the ‘business environment’.”

—**Patricia Calhoun, Sr. Vice President & Co, White Wave, Inc.**

“The ten-day course was the best vacation I ever took. It turned me from being a cynical middle management guy to being a leader both in my business and within myself.”

—**Mark Horn, Sr. V.P., Group Creative Director Wunderman**

“I've always welcomed challenges so when I realized how resistant (*read terrified*) I was to sitting for ten days and looking deeply into myself, I knew I had to do it. Vipassana practice brought me greater clarity and helps me be a better leader and CEO.”

—**Keith Ferrazzi, President and CEO, Ya Ya**

“Vipassana leads to clearer thinking and clear thinking is good for business.”

—**L. Freese, Vice President, Freese & Nichols, Inc., Fort Worth, TX**

“After the course, I am more tolerant, empathetic towards others.”

—**B. Houlihan, Partner, Stoll, Keenon & Park, Lexington**

“I have become more efficient than ever”

—**D. Lai, President, Sun Chemical Supply Co. Ltd., Taiwan**

“The course has profoundly changed my life.”

—**M. Schaffer, President & CEO, Global Tactics, Spokane, WA**

“After the course, I have better ability to cope with stress, better concentration, and higher energy level.”

—**Previous Executive Course participant**

“I have grown in equanimity”

—**P. Gysi, Marketing Director, Switzerland**

“Am calmer, less reactive, less irritable, more focused!”

—**C. Moe, Principal, A&M Business Interior Services, St Croix, MN**

“More relaxed, do not get angry, good listener, and performance is excellent along with productivity.”

—**S. Soni, Medical Director, Northern Cancer Center, Dixon, IL**

“Most valuable thing that I learnt was that there is an ancient, simple way to achieve happiness and serenity that really works.”

—**C. McGuire, Consultant, New York, NY**

“Less stress: not attached to the actions of others, so I don’t create conflict by responding negatively.”

—**S. Clute, Attorney, Richmond, VA**

“Continued improvement! Calmer in the face of client anxiety and market conditions.”

—**N. Stevens, Vice President, Sales, Reber/Russell Company, Boulder, CO**

“The most important thing that I took away from the course was surrendering to the process and letting it unfold – contrary to my business training (attack mode).”

—**N. Stevens, Vice President, Sales, Reber/Russell Company, Boulder, CO**

“Vipassana is an art of living through continuous self improvement. It has helped me immensely in adverse conditions being tolerant to others and taking action as opposed to blind reaction.”

—**R. Vaid, Partner, Pacesetter Capital**