Vipassana vs Mindfulness

**Vipassana**
- Vipassana is a type of insight meditation that is thought to have been first taught by the Buddha. It's one of the earliest forms of meditation.
- Vipassana's literal translation is to see things as they really are.
- Vipassana is a part of a larger set of Buddhist practices focused on moving away from suffering and internalizing the truth of impermanence.

**Mindfulness**
- Mindfulness meditation is in many ways a secularized version of Vipassana.
- Both techniques focus on nonjudgmental observation of thoughts and sensations.
- Both feature techniques like sitting meditation, breathing observation and body scans.
- However, mindfulness programs incorporate a broader set of tools like yoga, mindful eating, stress coping strategies, and gratitude.