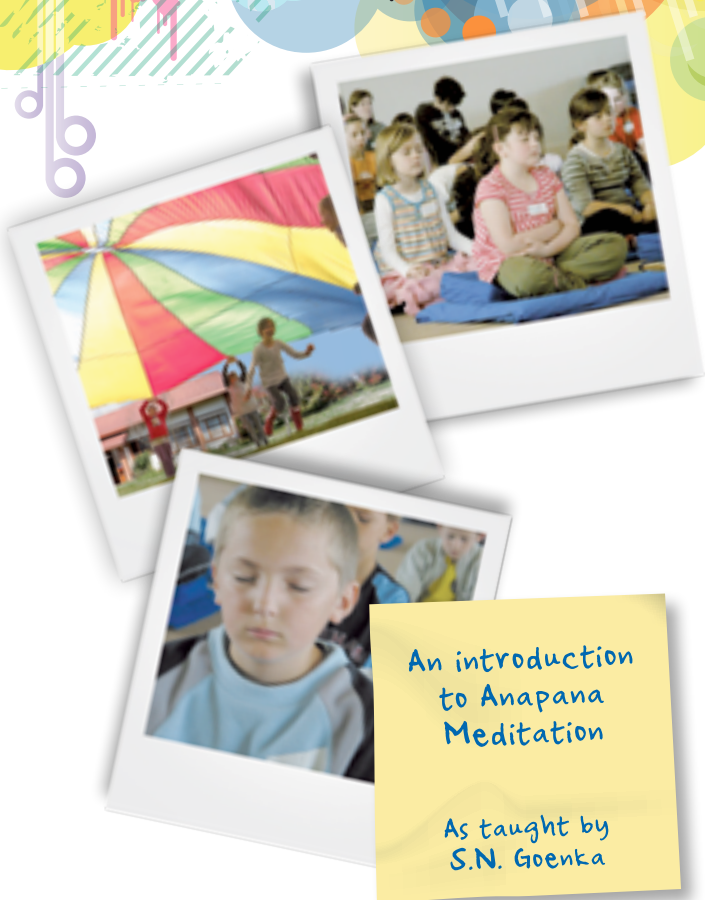


Courses For Children and Teenagers



An introduction
to Anapana
Meditation

As taught by
S.N. Goenka








An Introduction to Meditation

Courses for 8 – 18 year olds are held at the Dhamma Pajjota Vipassana meditation centre, Belgium. The courses are mostly residential and held over two days.

During the course, students learn the technique of Anapana meditation, which is the first step in the practice of Vipassana.

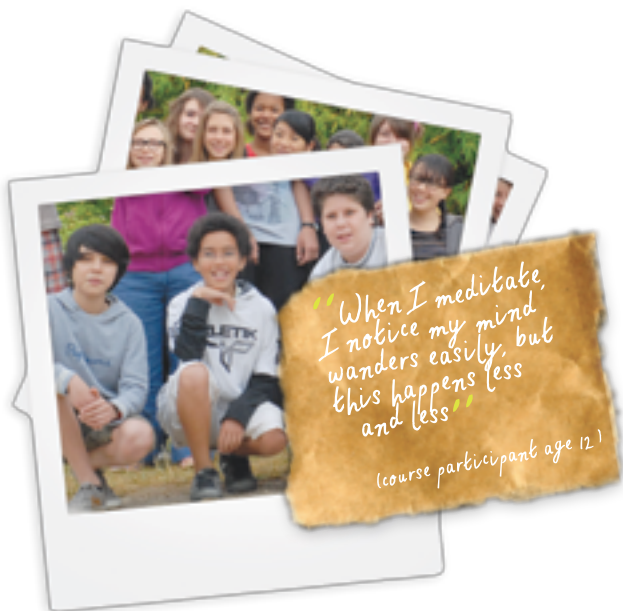
The aim of the course is to let young people experience the benefits of meditation. Regular practice of Anapana gives many benefits, including:

-  Improved concentration and memory
-  Increased awareness and alertness of mind
-  More self-confidence
-  Greater capacity to work and study
-  Increased goodwill for others

About the Technique

Anapana is the observation of natural, normal respiration as it enters or leaves the nostrils. It is a simple technique that helps calm and concentrate the mind.

In addition, Anapana helps children and teenagers to better understand themselves and how their minds work. They gain mastery over their impulses and



actions and develop an inner strength that helps them choose right and appropriate actions over wrong actions.

It provides them with a tool to deal with agitation, and the fears, anxieties and pressures of childhood and adolescence.

“when I am meditating,
I feel sleepy, but
sometimes very
peaceful and
concentrated.”
(course participant age 12)



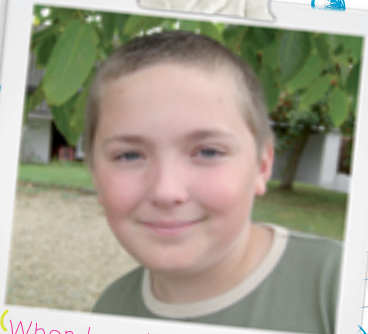
The Structure of the Course

Residential courses begin on the evening of the first day (Friday) and end at midday on the last day (Sunday).

Young people adhere to a moral conduct for the duration of the course, to provide a strong foundation for their meditation. They listen to tape or video recordings of instructions and short talks given by the teacher, S.N. Goenka.

The day consists of half-hour sessions of meditation, interspersed with creative and physical activities. A Children's Course Teacher conducts the meditation sessions and gives individual guidance or explanations as necessary.

(course participant age 10)



“When I meditate, I notice
that it isn't always quiet!”

Other course helpers are on hand to supervise the children, look after their pastoral needs and organise activities.



About S.N. Goenka

S.N. Goenka is recognised as one of the world's foremost teachers of meditation. He began conducting Vipassana courses in India in 1969 and in 1979 began teaching in other countries.

Since then he has conducted hundreds of ten-day courses, and appointed more than 1000 assistant teachers who are conducting Vipassana courses in centres and rented venues worldwide.

The programme of Anapana courses for children has been running since 1986 and thousands of children in India and around the world have participated.

Course Finances

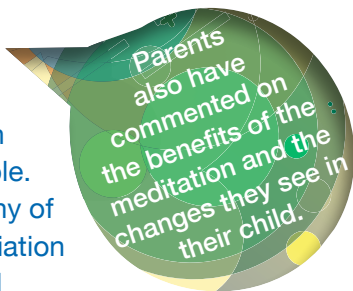
In keeping with the Vipassana tradition, all courses are run solely on a donation basis, and are therefore free of charge.

All expenses are met by donations from those who, having completed a course and experienced the benefits of the meditation for themselves, wish to give others the same opportunity.

In this spirit, children and parents may give a donation at the end of the course if they wish.

Feedback From children

Courses are popular with children and young people. Comments made by many of them reflect their appreciation of the quiet and peaceful atmosphere of the meditation centre. Many of them, even after just one course, are able to express how wonderful it is to calm their own minds with the practice of Anapana meditation.



For More Information and to Register:



www.pajjota.dhamma.org

Section 'Courses/ Children's and teenager's courses'

www.children.dhamma.org

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