



AN INTRODUCTION TO

MEDITATION

One-day Meditation Course for Teens 13-17

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



Anapana means observation of natural, normal respiration, as it comes in and as it goes out.

There will be other activities such as games, art, and storytelling. The children will be divided into groups according to their age for many activities.

Regular practice of Anapana gives many benefits, including:

- Improved concentration and memory;
- Increased awareness and alertness of mind;
- A sense of peace and calmness;
- Greater self-confidence;
- Increased goodwill for others.



“I learned how to control my mind and how to be more peaceful in life.” – Boy 12

“I learned how to focus and keep my mind calm.” – Girl 13

“I enjoyed the peaceful time and environment and learned a good technique for managing stress.” – Boy 16

There is no charge for the course. All courses are funded by donations from students who have completed a course.

June 10th 2018 9am - 4:30pm

Location: Boulder, CO (directions provided in acceptance letter)

To register go to: rockies.us.dhamma.org (courses tab > course schedule/application)

For information email: childrens-course@rockies.us.dhamma.org

or call 1-888-213-8183

For Adults: Residential 10-day courses in Vipassana meditation are also held regularly at Centers and rented sites around the United States and throughout the world. For more information visit: www.rockies.us.dhamma.org