

Children's Meditation Courses

Ages 8 to 12 and 8 to 15

Dear Young Friend,

Children's meditation courses sponsored by Dhamma Vaddhana are exclusively for children between the ages of 8 to 15. Children interested in a course must read the code of conduct and timetable below very carefully and complete the required medical emergency form and application form. Please ask your parents to complete the permission form and return it with your application. After we receive your completed application and permission forms, accepted students will receive a letter of welcome to attend the course.

During a children's course, you will learn how to practice Anapana meditation along with the five precepts. These courses have been specifically designed for children. You will have the chance to practice Anapana meditation with guided instructions in the meditation hall for periods of up to 30 minutes. These sessions are mixed with story and discussion sessions, break periods and games and art activities throughout the day.

In the words of some children who completed the meditation course:

"I learned that I like meditating because it makes me feel relaxed."

"I like this course because I like playing outside, playing with clay. We also did tie-dye. I also like this course because it seems like I'm at home and the food is so good"

"At school if I need to concentrate on what the teacher is doing or saying I can use Anapana. And if I am mad and angry I can use Anapana."

"I think meditation is very important in this busy world because it helps us to maintain a stable state of our mind and also it helps us to do our work with right understanding."

NOTE: Please leave all writing materials, books, games, cassette players, etc. at home. If you and your parents have any questions, you may contact the course registrar.