



Vipassana Association of South Africa Trust

Vipassana Meditation as taught by S N Goenka in the tradition of Sayagyi U Ba Khin

Application Form for Teenagers' Course (ages 13 to 16)

Course Location: _____ Course Date: _____

Full Name:		Boy	Girl
Address:		Phone:	
Age:	Grade:	School:	
Name of Parent or Guardian:		Relation to teenager:	
Email address:			
How did you find out about this course?			
Why do you want to come to this course?			
Do you have any health problems or other difficulties? If yes, please explain:			
Have you read the Sample Timetable and Code of Conduct?		Yes	No
Would you like to participate on this meditation course?		Yes	No
Do you agree to try to follow the Code of Conduct ?		Yes	No
Please write a few lines about yourself:			
Old Students Only:			
When and where did you sit your first course?			
How many courses have you attended?			
How often do you practice Anapana?			
What changes do you see in yourself?			
Signature:		Date	

Dhamma Pataka Meditation Centre

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