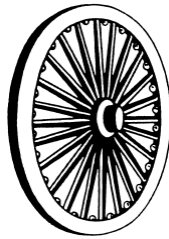


Teenagers' Courses in Anapana Meditation

As taught by S N Goenka and his Assistant Teachers



Parent or Guardian Information

The Teenagers' Anapana course offers young people between the ages of **13 and 16 years old** an introduction to Anapana meditation, which is a practice of the observation of natural breath to concentrate the mind. They will learn to practice Anapana and begin to take their first steps on the path of Dhamma. The entire path of Dhamma, rediscovered and taught by Gotama the Buddha more than 2500 years ago, is a universal remedy for universal problems and has nothing to do with any organized religion or sectarian tradition. For this reason, it can be practiced freely by all, in any place, at any time. Its practice does not conflict with any race, community or religion and will prove equally beneficial to one and all.

Teenagers who have started practicing Anapana have realized many benefits. Their ability to concentrate becomes enhanced, their memory gets sharper, their ability to comprehend a subject improves and they become calmer. In general, they feel they have a practical tool to use in the face of any type of adversity or challenge.

During the course, there will be meditation instructions, longer periods of practice than on regular children's courses, periods of silence, some storytelling and time for service at the center. They will be assigned group leaders who will personally accompany and assist them throughout the course, providing support and guidance as needed.

The intent of the teenagers' course is serious. It is not appropriate for teens who are unable to follow directions or to participate in organized, self-modulating activities. It is also not appropriate for teens who are unable to understand the meaning or purpose of the daily timetable and Code of Conduct. Students attending the course will be asked to maintain silence for extended periods of time. Segregation of the sexes will be maintained at all times and in all places.

Parents or guardians who are students of Goenkaji or his assistant teachers are welcome to apply to serve at the center and participate in work projects. Since parents or guardians will not be participating in the course, they will follow a separate schedule. We ask that parents and affiliated adults refrain from communicating with or contacting their children throughout the course.

Parents or guardians who have not completed a ten-day course with Goenkaji or his assistant teachers are welcome to stay with their teens during registration, but should then leave the center until the course is over.

Before applying for the course, please make sure that both you and your child have read and understood the Code of Conduct and Sample Timetable.

Code of Conduct for Teenagers' Course

Learning to practice Anapana meditation is very valuable because it helps you to become a better person. Practicing Anapana meditation will help you to train your mind to become concentrated and calm. This will make your mind strong so that you will be able to avoid doing or saying things that are hurtful or harmful to yourself and to others. This strength of mind will help you to feel happier and more peaceful. Practicing Anapana and learning to concentrate will help you to become the master of your mind.

To help you succeed in practicing Anapana meditation it is important that you do your best to follow the instructions that you will be given during the meditation course and also, while you are at the course, agree to follow the Code of Conduct written below. In the same way that a house needs a good foundation to support it, so the practice of Anapana needs a good foundation. This good foundation is built by following the Code of Conduct. It will help you to avoid performing actions that are harmful or hurtful to yourself and others.

While at the meditation center you should agree to follow these rules because they will provide a good foundation for your Anapana practice and will give you mental strength.

The Precepts

1. to abstain from killing any being;
2. to abstain from stealing;
3. to abstain from all sexual activity;
4. to abstain from telling lies;
5. to abstain from taking intoxicants.

Noble Silence

There will be extended periods of Noble Silence throughout the course. Noble Silence means silence of body, speech and mind. Any form of communication with fellow students, whether by gestures, sign language, written notes, etc., must be during the designated periods. These will be clearly defined throughout the course. Talking will be permitted during meals, during Dhamma service activities and during meetings with the assistant teachers.

Segregation of the Sexes

Please observe complete segregation of the sexes throughout the course. Friends or family members should not contact each other in any way during the course.

At the bottom of your application form you will find a question that asks if you agree to try to follow this Code of Conduct while you are at the meditation course site. Below that is a place to sign your name. When you sign your name, it means that you agree to try and follow the Code of Conduct.

One-Day Teenagers' Course

Timetable

9:30 am	Arrival & orientation
10:30-11	Meditation
11-11:30	Activity
11:30-12	Meditation
12-12:30	Discussion with the teacher
12:30-1:30	Lunch and activity
1:30-2	Meditation
2-2:45	Activity
2:45-3:15	Meditation
3:15-3:40	Activity
3:40-4:10	Meditation
4:10-4:30	Snacks and departure

You may obtain further details about Anapana courses for children and Vipassana Meditation in South Africa by contacting the address below by post, phone, fax or email.

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