

**Meditation Sessions  
interspersed with:**

**Games**

**Outdoor Activities**



**snacks**

**Question and answers**

**Stories**

**Crafts**

**What kids are saying about  
Anapana Meditation:**

“Many adults go to the office and return very tense. Meditation is the best way to have a calm mind.” **Akshay (age 11)**

“Firstly when I did Anapana, it was boring. But when I found a difference in me, I started loving it.” **Pooja (age 13)**

“Meditation is like an eagle soaring.” **Joel (age 8)**



**For more information or to  
register go to:**

**[www.ab.ca.dhamma.org](http://www.ab.ca.dhamma.org)**

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Alberta Vipassana Foundation

**Anapana Meditation**

**for  
Young People**



*In the tradition of Sayagyi U Ba Khin,  
as taught by S.N. Goenka*

**Children' course (8-12yrs)  
Oct 4, 2009**

# Introduction

In a time of worldwide social transition and upheaval, more and more people throughout the world are seeking concentration, purification and peace of mind through the practice of Vipassana meditation. Vipassana means "to see things as they really are" and is a logical process of mental purification through self-observation. Many come to Vipassana later in their lives, wishing they had found this technique sooner because it is so effective in learning the art of living peacefully and harmoniously.



The ideal time to begin the first steps of this mental training is in childhood when children as young as eight years old can easily learn the technique of Anapana meditation. Anapana is the first step in the practice of Vipassana meditation. It is the observation of natural, normal respiration, as it comes in and as it goes out. Anapana is a simple technique that helps develop concentration of the mind. It is easy to learn, objective and scientific. Observation of the breath is the ideal object for meditation because it is always available, and it is completely non-sectarian. Anapana is very different from techniques that are based on artificial

regulation of the breath. There are no rites or rituals involved in the practice or presentation of Anapana and it is presented in a non-sectarian format. This approach is traced back to the Buddha, who rediscovered and taught this technique 2500 years ago. The Buddha never taught a sectarian religion; he taught Dhamma—the way to liberation—which is universal. Following this tradition, this technique is presented in a totally non-sectarian approach. For this reason, it has had a profound appeal to people of all backgrounds, of every religion or no religion, from every part of the world

Besides helping them to calm and concentrate their minds, Anapana helps children to better understand themselves and how their minds work. As they learn to calm and concentrate their minds, they gain mastery over their impulses and actions. They develop an inner strength that helps them to choose right and appropriate actions over wrong actions. This is a natural byproduct of the technique. For this reason, Anapana provides them with a tool to deal with the fears, anxieties, and pressures of childhood and adolescence. Because of its simplicity, they find the technique easy to practice and understand and they appreciate its scientific and universal nature.

Over the past 15 years, hundreds of Anapana courses have been conducted exclusively for children around the world. These courses have yielded substantial benefits for the thousands of children who have attended them. Many

of them have experienced a positive change in their outlook, behavior and attitude. Many have found their ability to concentrate has improved and that their memory has strengthened. And above all, these children have acquired a tool that is of immense value to them for the rest of their lives.

Children are, by nature, active and enthusiastic, with an eagerness to learn and explore. For this reason, it is appropriate to offer them an opportunity to explore themselves and their mind with all its hidden faculties, latent abilities and subtle complexities. Learning Anapana plants a wholesome interest in self-introspection and meditation, which may open an entirely new dimension of life for them later on.



During the course, meditation instructions are given by S. N. Goenka via audio and videocassette. In addition, there may be other activities such as art, story telling, games, journal writing. Students are assigned counselors who support and guide them and make sure that they are comfortable and well taken care of during the course.