



Alberta Vipassana Foundation

Email: registration@ab.ca.dhamma.org
Internet: www.ab.ca.dhamma.org

Dear Student,

Thank you for your interest in meditation courses for young people in Alberta. There will be a Children's Course (ages 8-12) to be held on **Sunday June 1, 2008** in Calgary, AB.

For you, we have included below the "Sample Timetable" (please note start and end times), the "Code of Conduct" (to be read carefully) and the "Application Form". For your parents, there is the "Parent or Guardian Information Sheet", "Permission Form", and "Medical Form."

Please ask your parents to print and complete the **Permission Form** and **Medical Form**, and then send them to us along with your **Application Form** which you have filled out by yourself.

When your application has been approved, we will send you an Acceptance Letter. This letter will include a list of what you will need to bring. Directions to the course will also be provided.

If you or your parents have any questions, please contact:

Jodi Soare (403) 819-5267

jodisoare@hotmail.com

Please fax or mail completed forms to:

Fax: (403) 206-7453

Mailing address:

Children Course

RR6 Site 6 Box 43

Conrich, AB

T2M 4L5

We look forward to seeing you.

With best wishes,

Course coordinators



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Children's or Teen's Course Code of Conduct

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 course. While you are at the course, it is also important that you 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 for Anapana 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.

During the first meditation session at the course you will be asked to repeat the following five vows or precepts. These are written in bold and underneath each is an explanation. Please read them carefully so that you will understand what you are saying when the time comes:

- 1) **I shall abstain from killing.**
I promise to try to treat all beings kindly and not kill them or harm them in any way.
- 2) **I shall abstain from stealing.**
I promise to take only what is given to me and not take anything which belongs to others without permission.
- 3) **I shall abstain from a life of misconduct.**
I promise to treat other boys and girls as if they were my brothers or sisters or best friends.
- 4) **I shall abstain from speaking lies, harsh words, backbiting, etc. which will harm others.**
I promise to speak truthfully, kindly and gently, and not to tell lies or to say hurtful things to anybody or about anybody.
- 5) **I shall abstain from taking any intoxicant.**
I promise not to take any alcohol, drugs or intoxicants, but to keep my mind clear.

At the bottom of your application form, when you sign your name, it means that you agree to try and follow this Code of Conduct as best you can while at the course.



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One Day Children's / Teen's Course Sample Timetable

9:15 - 9:30 am	Registration
9:30 - 9:45 am	Introductory Talk
9:45 - 10:00 am	Parent/guardian goodbye – Activity
10:00 - 10:40 am	Meditation
10:40 - 11:00 am	Break (snack)
11:00 - 11:30 am	Meditation
11:30 - 11:55 am	Break (crafts / games)
11:55 - 12:15 pm	Discussion with the Teacher
12:15 - 12:40 pm	Break
12:40 - 1:10 pm	Meditation
1:10 - 2:00 pm	Lunch and Games
2:00 - 2:30 pm	Meditation
2:30 - 2:50 pm	Break (crafts / games)
2:50 - 3:15 pm	Story / Discussion
3:15 - 3:50 pm	Snack and break
3:50 - 4:15 pm	Meditation
4:30 pm	Parent / Guardian pick up



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Children's and Teen's Courses Parent or Guardian Information Sheet

The children's and teenagers' courses offer young people 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.

Young people 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 as well as other activities such as games, art, and storytelling. The children/teens will be divided into groups according to their age for many activities. They will be assigned counselors who will personally accompany and assist them throughout the course, providing support and guidance as needed.

The intent of the children's/teen's course is serious. It is not appropriate for those who are too young or otherwise unable to follow directions or to participate in organized, self-modulating activities. It is also not appropriate for children/teens who are unable to understand the meaning or purpose of the daily timetable and Code of Conduct. Segregation of the sexes will be maintained in the meditation hall and during much of the course.

Parents or guardians are welcome to stay with their children/teen during registration, but should then leave and return when the course is over.

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



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Medical Emergency Form and Contact List

CONSENT FOR MEDICAL TREATMENT:

As the parent or legal guardian, I hereby give consent to the Alberta Vipassana Foundation to provide emergency medical care prescribed by a duly licensed physician (MD) for:

Child's / Teen's name

This care may be given under whatever conditions are necessary to preserve the life, limb or well-being of my dependent.

Signed: _____ Date: _____

Home Phone: _____ Cell Phone: _____

Work Phone(s): _____

ALTERNATIVE PERSONS TO BE CALLED IN THE CASE OF AN EMERGENCY:

1) Name: _____ Phone: _____

Relationship to you: _____

2) Name: _____ Phone: _____

Relationship to you: _____

PHYSICIAN INFORMATION:

Child's or Teen's Physician: _____ Phone: _____

Child's or Teen's Medical Number: _____



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Medical Information Form

ALLERGIES AND SENSITIVITIES:

Does the child or teen have a history of skin, or other untoward, reactions or sicknesses following injection or oral administration of any of the following?:

Circle One If yes, describe:

- | | | | |
|---|-----|----|-------|
| a) Penicillin or other antibiotics | Yes | No | _____ |
| b) Morphine, Codeine, Demerol or other narcotics | Yes | No | _____ |
| c) Novacaine or other anesthetics | Yes | No | _____ |
| d) Aspirin, Empiricin or other pain remedies | Yes | No | _____ |
| e) Sulfa drugs | Yes | No | _____ |
| f) Tetanus antitoxin or other serums | Yes | No | _____ |
| g) Adhesive tape | Yes | No | _____ |
| h) Latex | Yes | No | _____ |
| i) Iodine or Merthiolate | Yes | No | _____ |
| j) Any other drug or medication | Yes | No | _____ |
| k) Any foods, such as: egg, milk, chocolate, etc. | Yes | No | _____ |

If yes to k), please list: _____

DRUGS TAKEN RECENTLY: Within the past six months my child or teen has taken:



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Application for Children's or Teen's Course

(This page to be filled out by students 8-12 or 13-16 years of age)

Course Date: _____

Student's name: _____

Address: _____

City: _____ Province/State: _____ Postal Code/Zip: _____

E-mail address: _____

Boy: ____ Girl: ____ Age: ____ Birth date (month/day/year): _____ School Grade: ____

Parent/Guardian Name: _____ Telephone: _____

Do you speak English well? _____

Have you been to a Children's Course before? Yes No How Many? _____

If yes, where and when was your last one? _____

Do you want to learn to meditate? Yes No

Why? _____

Do you ever meditate at home? _____

Who told you about this course? _____

Do you want to come to this course? Yes No

Why are you coming to this course? _____

Please write a little bit about yourself and what you like to do: _____

Have you read:

The Sample Timetable? Yes No

The Code of Conduct? Yes No

Do you agree to try to follow the Code of Conduct while you are at the meditation course? Yes No

Student's signature: _____ Date: _____



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Parent/Guardian Permission for Children's and Teen's Courses

Course Date: _____

Name of Parent or Guardian: _____

Relationship to child or teen: _____

Street Address during the course: _____

Phone # you can be contacted at during the course: _____

cell phone # or alternative phone #: _____

e-mail address: _____

Have you completed a ten-day Vipassana course with S. N. Goenka or one of his Assistant Teachers? Yes No

Is there anything we should know about your child or teen that will help him/her to have a successful course (i.e., learning needs, physical or mental health issues, etc.)?

Does your child/teen have any allergies? Yes No

If yes, please give details on medical information form (included in this package).

Is your child/teen presently taking any medications? Yes No

If yes, please give details on medical information form (included in this package).

My child/teen and I have read the course materials (Parent/Guardian Information Sheet, Code of Conduct and Sample Timetable).

I give my permission for my child or teen, _____, to attend this course.

Parent/Guardian signature _____ **Date** _____

I am driving to the course and willing to be contacted by others needing a ride: Yes No