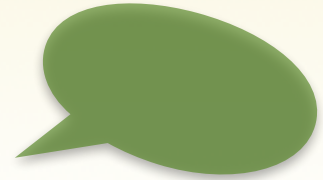


VIPASSANA

QUEBEC VIPASSANA
MEDITATION CENTRE



MEDITATION COURSES FOR CHILDREN AND TEENAGERS



**Saturday October 4 2025 — 8 to 12 years old
and
Sunday October 5 2025 — 13 to 17 years old**

**During this course, students will learn
the Anapana meditation technique
in order to become masters of their mind.**

Vipassana meditation as taught by S.N. Goenka is a simple practice
that enables one to realize genuine peace of mind
and lead a happy and meaningful life.