

Young People

TODAY FACE...



Stress and
anxiety



Anger and
frustration



Overstimulation
and-screens



Lack of
self-confidence



Difficulties
with attention and
concentration

In the face of these realities, young people need tools
to develop their inner balance.

MEDITATION COURSES HELP THEM DEVELOP:



Attention and concentration



Self-confidence



Kindness toward oneself
and others



Inner calm



Learning Anapana cultivates an interest in
self-observation and meditation. It offers young
people concrete tools that can support them
throughout their lives.



PARENTS

Give your child the opportunity
to discover tools that promote
balance, inner peace, and a
better understanding of self.



SERVERS NEEDED

Serving these young people in Dhamma
is a precious opportunity to contribute
to their well-being and growth.

TO SERVE, YOU MUST HAVE COMPLETED
AT LEAST ONE 10-DAY COURSE.



To register yourself
or a child/teen

scan the QR code or visit the course schedule
on the Centre's website.



Vipassana Meditation Centre of Montebello



COURSES FOR
CHILDREN (8 TO 12)



29 MAY
2027



COURSES FOR
TEENAGERS (13 TO 17)



30 MAY
2027



Courses offered
in French and English