

The courses are much appreciated by the youth. Their comments speak volumes about the meditation centre's serene setting. Even after a single course, many of them are able to express their appreciation for the calmness that the practice of Anapana brings them.

STUDENT COMMENTS :

"The Ananpana technique has allowed me to be the master of my mind, to respect myself and others too. At the beginning of the course, I didn't like it, but by the end, I didn't want to stop."

"Meditation has taught me to have inner peace and more concentration. It also helps me perform better at school. When I meditate, I feel calm and peaceful. It helps me think, strengthen my control over the mind and make good life choices."

"It was a very inspiring day for me—an experience I really liked. Now I have a tool that helps me concentrate on myself and perform better in all parts of my life. Thank you to the Vipassana Centre."

"This is my third course at the Centre and each time, I feel a great calmness that lingers. But I have to continue to practice at home, or else I will not gain the fruits of my efforts. The Anapana technique helps me at school, with sports and at home."

"Meditation is good because I need it."



Information & online registration

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An Introduction to

Anapana Meditation

As taught by S. N. Goenka

in the tradition of Sayagyi U Ba Khin

COURSES FOR CHILDREN AND TEENAGERS



AN INTRODUCTION TO MEDITATION

One-day meditation courses are organized for the youth from ages 8 to 17 at the Vipassana Meditation Centre in Montebello, in both English and French.

During the courses, students learn the Anapana meditation technique, which is the first step in practicing Vipassana mediation.

The objective of the course is to give the youth a chance to experience the benefits of meditation. The benefits of a regular practice of Anapana include:

- a sharper memory and better concentration
- the development of mind consciousness and attention
- an increase in self-confidence
- a greater ability to work and study
- an increased benevolence towards others

Did you know?

Since 2000, hundreds of children and teens have learned the Anapana meditation technique at the Meditation Centre.



COURSE SCHEDULE

One-day courses usually go from 9am to 4pm.

In order to have a good foundation for meditation, the youth commit to following a moral code of conduct for the duration of the course. They listen to a series of audio recordings with instructions and short talks by the teacher S.N. Goenka. Throughout the day, thirty-minute meditation sessions alternate with animated and creative activities.

A teacher leads the meditation and gives instructions or advice whenever necessary.

Old adult students and volunteers help organize the course, supervise the youth, tend to their comfort and coordinate the activities.



THE TECHNIQUE

Anapana meditation consists of observing the natural, normal breath as it comes and it goes through the nostrils. It's a simple technique that helps to calm the mind and concentrate.

Moreover, Anapana helps the youth better understand themselves and the way their mind works. They learn to master their impulses and actions and also develop an inner strength that helps them to choose sound actions over hurtful ones. Anapana becomes a tool to help them manage their agitation, fear, anxiety and tension that comes with passing from childhood to adulthood.

S. N. GOENKA

S. N. Goenka is recognized as one of the world's most renowned teachers of meditation. He began conducting Vipassana courses in India in 1969, and, in 1979, he gave a first course in Québec. Since then, he has conducted hundreds of ten-day courses and has appointed more than 800 assistant teachers who are conducting Vipassana courses in centres and rented sites worldwide. Anapana courses for children and teenagers started in 1986 and thousands of students worldwide have attended.

Did you know?

The Vipassana Meditation Centre in Montebello is the only centre in North America to offer youth courses in both English and French.

COURSE FINANCES

According to the Vipassana tradition, the teaching is offered free of charge. All expenses are covered by donations from previous students who having completed an entire course, and having experienced the benefits of meditation, wish to offer others the same opportunity. In that spirit, if they wish, students and parents can make a donation at the end of the course.

