

Children's and Teenagers' Course Parent or Guardian Information

The children's and teenagers' course offers young people between the ages 8 and 17 years old 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 student will be divided into groups according to their age for many activities. They will be assigned group leaders who will personally accompany and assist them throughout the course, providing support and guidance as needed. The intent of the children's and teenagers' course is serious. It is not appropriate for children 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 who are unable to understand the meaning or purpose of the daily timetable and Code of Conduct. Segregation of the genders will be maintained at all times.

With the growing number of youth attending meditation courses, it is important for adults who are serving to be adequately trained in order to answer this demand. For this reason, we must give priority to servants who can arrive Friday end-of-day to attend a

training session and who can serve for the entire week-end. If, however, you are a parent or tutor who has already attended a 10-day meditation course and you have checked off the box indicating this on your child's registration form, you may be invited to serve as needed. If you would like to have your name on the list of parents or tutors, you must fill out a request online on the same website where you registered your child for the meditation course.

All parents and tutors who are not serving the course but have already attended a 10-day meditation course are invited, if they want, to meditate from 10:30 am to 11:30 am. The parents and tutors who have not completed the 10-day course will be asked to leave the Centre after the orientation meeting, around 10:00 am and return at 4:30 pm.

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