

Meditation for young minds

One-day introductory courses in meditation are held regularly in Perth for children aged 8 to 12 years and teenagers aged 12 to 16 years.

During the course, students learn Anapana meditation, a technique that involves focusing on the breath. Regular practice of Anapana can provide many benefits, including:

- Improved concentration and memory;
- Increased awareness and alertness of mind;
- More peace and calmness;
- Greater self-confidence; and
- Increased goodwill for others.

There is no charge for the courses. All courses are funded by donations.

"I learnt how to control my mind and how to be more peaceful in life" - Boy 12

"I learnt how to focus and keep my mind calm" - Girl 13

Course Schedule 2006

Sundays: 26 Feb (C); 26 Mar (T); 28 May (C); 25 Jun (T); 20 Aug (C); 17 Sep (T); 12 Nov (C)
(C) = Children 8 to 12; (T) = Teenagers 12 to 16

Venue: North Perth Primary School
5 Albert Street, North Perth

Times: 9am to 3:30/4pm (Registration starts at 8.45)

Please bring: your lunch, a mat & cushion to sit on and a blanket or shawl for meditation.

To register, please complete an online application form at: www.padipa.dhamma.org/childrens/
Or e-mail: ctc-info@padipa.dhamma.org
or call (08) 9388 9151

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