



# MEDITATION COURSE FOR CHILDREN

**Saturday, August 27, 2022**

9:30 AM – 5:00 PM

Children ages 8-12 learn the technique of Anapana meditation as taught by S.N. Goenka. Anapana is the observation of the natural breath as it comes in and goes out. Young people who have started practicing this technique often experience better concentration, sharper memory, improved comprehension, and the ability to stay calmer. In short, they gain a practical tool to use in the face of adversity or challenge. The course includes meditation instruction, art, outdoor activities, and snacks.



## About Anapana meditation

Anapana is the observation of natural breath as it comes in and goes out.

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## Location

Northwest Vipassana Center  
445 Gore Rd,  
Onalaska, WA 98570

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## Registration & info

[www.kunja.dhamma.org/  
children](http://www.kunja.dhamma.org/children)

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## No charge

The courses are free of charge, supported by donations.

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## CONTACT US

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