



## ANAPANA MEDITATION COURSE FOR TEENS

**Saturday, October 22**

**9:30 am – 4:30 pm**

Teens ages 13 to 17 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.



Website: <https://www.children.dhamma.org>

Email: [childrens-course@kunja.dhamma.org](mailto:childrens-course@kunja.dhamma.org)

Phone: 360-207-1666

### ABOUT ANAPANA MEDITATION

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

### REGISTRATION & INFO

<https://kunja.dhamma.org/children/>

### COURSE LOCATION

Dhamma Kuñja ~  
Northwest Vipassana  
Center

### NO CHARGE

The course is free of charge. Donations may be given for organizing future courses.

### CONTACT US

childrens-  
course@kunja.dhamma.org  
360.207.1666