



AN INTRODUCTION TO
MEDITATION

One-day Meditation Courses for
Children and Teenagers

静坐 简介

青少年一日静坐课程

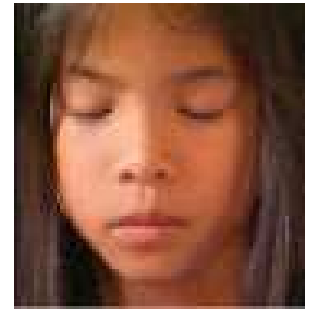
(英文)

One-day introductory course in meditation are held for children aged 8-12 and for teenagers aged between 13 to 18 years.

一日静坐入门课程是提供于 13 岁至 18 岁的青少年。

During the course, students learn the technique of Anapana meditation, which is the first step in the practice of Vipassana meditation.

在课程当中，学生将学习到观息法，亦是练习内观静坐的第一步。



Regular practice of Anapana gives many benefits, including:
有规律地练习观息法有许多益处，包括：

- Improved concentration and memory 增进专注力与记忆力;
- Increased awareness and alertness of mind 增进心的觉知与敏锐;
- More peace and calmness 更加安详与平静;
- Greater self-confidence 增进自信心;
- Increased goodwill for others 增进对其他人的善念。

“I learnt how to control my mind and how to be more peaceful in life.” – Boy 12

“我学会如何控制我的心和如何更平静的生活。” – 男孩 12

“I learnt how to focus and keep my mind calm.” – Girl 13

“我学会如何专注及平稳我的心。” – 女孩 13

“I enjoyed the peaceful time and environment and learnt a good technique for managing stress.” – Boy 16

“我享受平静的时光与环境，以及学习到有效的解压方法。” – 男孩 16



There is no charge for the courses. 课程本身不收任何费用。
All courses are funded by donations from students who have completed a course.

所有课程经费都来自于完成一次课程的旧生捐款。

Venue:
Vipassana Centre
Gambang, opp. UMP

As taught by S. N. Goenka in the tradition of Sayagyi U Ba Khin.
遵循乌巴庆老师的传承，由葛印卡老师教导

For more information or to register, visit
www.malaya.dhamma.org

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(Students should have good command of English or Mandarin)

(学生必须要有基本的英文水准)

2009 Course Dates

Date	Age	Language
March 22	8-12	Mandarin
May 31	13-18	Mandarin
June 1st	13-18	Tamil
August 23	8-18	English

Time : start 8:30am, end 5:00pm

Closing Date : 2 weeks before course