

# Meditation Courses in Texas For Young People

**Teen Course**  
Age 13 to 17 yrs

**Children's Course**  
Age 8 to 12 yrs

## Course Summary

During the course children will learn how to practice Anapana Meditation – “awareness of respiration” – along with the five precepts.



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

Children will have the chance to practice Anapana Meditation with guided instructions in the meditation hall for periods of up to 30 minutes.

These sessions are mixed with story and discussion sessions, break periods, games and art activities.

## Course Benefits

- ◆ Calms and develops concentration of the mind
- ◆ Helps children understand themselves and how their minds work.
- ◆ They gain mastery over their impulses and actions
- ◆ They develop an inner strength that helps them to choose right and appropriate actions over wrong actions.
- ◆ They have a tool to deal with the fears, anxieties, and pressures of childhood and adolescence

The Technique is:

- ◆ Simple
- ◆ Easy to practice
- ◆ Scientific
- ◆ Universal



## Student Quotes



"I learned that I like meditating because it makes me feel relaxed."

"I like this course because I like playing outside, playing with clay. We also did tie-dye. I also like this course because it seems like I'm at home and the food is so good"

"At school if I need to concentrate on what the teacher is doing or saying I can use Anapana. And if I am mad and angry I can use Anapana."

**Course Locations in Texas:** Austin, Dallas, Kaufman (planning in progress for Houston)

**Registration:** <https://siri.dhamma.org/course-info/child-and-teen-courses/>

**Email:** [Childrens-Course@siri.dhamma.org](mailto:Childrens-Course@siri.dhamma.org)