



# AN INTRODUCTION TO MEDITATION

*In the tradition of Sayagyi U Ba Khin  
as taught by S. N. Goenka*

# 靜坐 简介

传承自乌巴疾长者  
由葛印卡老师所教授

A **one-day** introductory course in **meditation** is offered for teenagers aged 12 – 18 years old. During the course, students learn the techniques of Anapana meditation, which is the first step in the practice of Vipassana meditation.

Regular practice of Anapana gives many benefits, including:

1. Improved concentration and memory;
2. Increased awareness and alertness of mind;
3. More self-confidence;
4. Greater capacity to work and study, and
5. Increased goodwill for others.



Teenagers are under supervision throughout the course, with a realistic timetable including regular breaks. One-day courses usually begin 9:00 am and finish around 4:00 pm.

## 少年一日观息课程

新加坡内观中心为年龄十二至十八岁的少年举办一日静坐课程。课程期间，学生将会学习观息法，这是练习内观静坐的第一步。练习观息法有以下的益处：

1. 增进专注力与记忆力
2. 增进心的觉知与敏锐
3. 增进自信心
4. 增进工作与读书的能力
5. 增进对他人的善念

少年是由有经验的儿童课程老师督促，通过系统化的课程和指导中学习。一日课程在上午九时开始，下午四时结束。



For more information or to register, please visit our website:

任何有关课程询问或有意报名参加者，敬请通过我们的网站查询：

[www.sg.dhamma.org](http://www.sg.dhamma.org)

or write to: / 或者致函于以下通讯地址：

Vipassana Singapore

Mailing Address: 12A Cheow Keng Road

Singapore 42968

or email to: / 或电邮询问均可：

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