

# Peace of mind starts with young minds

## 宁静的心从小开始



## 1 Day Anapana Meditation Course

For children & Teenagers (aged 8 - 18)

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

## 一日儿童与青少年观息法课程

(年龄 - 八至十八岁)

传承自乌巴庆长者由葛印卡所教授

**Date 日期** : 09 September 2017 (Saturday)

**Venue 地点** : **SWAMI Home** (Elderlink, level 4 - Auditorium Hall)  
**No.5 Sembawang Walk**  
**Singapore 757717**

**Time 时间** : 9.30am - 4.30pm

**No charges** for the course. Simple vegetarian lunch will be provided as well as games and other activities.

课程免费. 提供简单的素食并安排适当的游戏和活动。



For more information or to register, please visit  
欲知详情和有意报名者, 可上网查阅

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

Email 电邮 : [info@sg.dhamma.org](mailto:info@sg.dhamma.org)

Contact 联络 : 9011 9432

For general information on  
Children's & Teenager's courses, please visit  
有关儿童与青少年课程的内容, 可上网查阅

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