

February 1, 2010

Dear Parent or Guardian:

I am very happy to say that children in grades 3, 4 and 5 now have the opportunity to learn a breath awareness technique on Saturday, March 20, 2010 at the Meredith School. Registration will be at 8:30 a.m. The one day course will begin at 9:00 a.m. and end at 4:30 p.m. **Lunch, snacks and beverages will be provided; therefore, please do not send in any food. If your child has any food allergies, please note that on the health form once your child has been accepted into the course.**

The meditation technique being used is suitable for students of any cultural or religious background as it uses only the natural breath as the object for observation and concentration. The meditation technique they will learn is the awareness of their own natural breath. They will also learn how to think positive thoughts of loving-kindness to all beings. The aim of this course is to give them enough information and practice to enable them to meditate for about ten minutes twice a day independently.

As you know, for some time now, many of us have been seeking a solution as to how children handle anger and animosity internally as well as in school, our community, city, country and world. Children need to go beyond the "surface" appearances of color, race, culture and belief systems. In order to do this, children need to learn not to react. This is a hard thing to do even for adults. However, with practice, this technique will help children learn to calm and concentrate their minds, gaining mastery over their impulses and reactions.

Practicing daily will bring many benefits. The benefits of this technique include: helping them cope with anger, fear, stress, worry, anxiety and nervousness; improving their concentration and memory for study, sports or other important activities; and, more overall calmness and inner peace. This is a wonderful time to learn and practice this technique.

Initially, the Children's Course Teachers, (CCTs), will teach them the technique itself using audio and video instructions by Mr. S. N. Goenka along with short stories. The day will be divided into times to learn and practice the technique interspersed with crafts and noncompetitive sports. Parents are welcome to be at the school; however, the meditation technique is only for the children. **It is imperative that the child be at this course of their own inner volition or they will be disruptive and unwilling to learn and practice the technique.**

If your child would like to participate in this one day breath awareness course, please fill out all of the forms by February 19, 2010 and e-mail them to coy316@aol.com or mail to Deb Coy, 9001 Ridge Ave., Unit #26, Philadelphia, PA 19128, so that there is ample time to have enough group leaders, food and supplies. **Additionally, your child must be able to attend for the entire day.**

This course is being sponsored by the Midatlantic Vipassana Association. All volunteers are old students of Vipassana Meditation as taught by S. N. Goenka and are committed to the practice of purification of the mind and nonviolence.

Sincerely,

Ms. Deborah Coy
Regional Children's Course Coordinator

Children's Course

Code of Conduct

Learning to practice Anapana meditation is very valuable because it helps you to become a better person. Practicing Anapana meditation will help you to train your mind to become concentrated and calm. This will make your mind strong so that you will be able to avoid doing or saying things that are hurtful or harmful to yourself and to others. This strength of mind will help you to feel happier and more peaceful. Practicing Anapana and learning to concentrate will help you to become the master of your mind.

To help you succeed in practicing Anapana meditation it is important that you do your best to follow the instructions that you will be given during the course. While you are at the course, it is also important that you agree to follow the Code of Conduct written below. In the same way that a house needs a good foundation to support it, so the practice of Anapana needs a good foundation. This good foundation for Anapana is built by following the Code of Conduct. It will help you to avoid performing actions that are harmful or hurtful to yourself and others.

During the first meditation session at the course you will be asked to repeat the following five vows or precepts. These are written in bold and underneath each is an explanation. Please read them carefully so that you will understand what you are saying when the time comes:

1) I shall abstain from killing.

I promise to try to treat all beings kindly and not kill them or harm them in any way.

2) I shall abstain from stealing.

I promise to take only what is given to me and not take anything which belongs to others without permission.

3) I shall abstain from a life of misconduct.

I promise to treat other boys and girls as if they were my brothers or sisters or best friends.

4) I shall abstain from speaking lies, harsh words, backbiting, etc. which will harm others.

I promise to speak truthfully, kindly and gently, and not to tell lies or to say hurtful things to anybody or about anybody.

5) I shall abstain from taking any intoxicant.

I promise not to take any alcohol, drugs or intoxicants, but to keep my mind clear.

At the bottom of your application form, when you sign your name, it means that you agree to try and follow this Code of Conduct as best you can while at the course.

(This page to be filled out by student.)

Application for Children's Course

(for ages 8 – 12 years)

Course Dates: From _____ to _____

Location: _____

Student's name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

E-mail address: _____

Boy: _____ Girl: _____ Age: _____ Birthdate: (month/day/year): _____ School Grade: _____

Parent/Guardian Name: _____ Telephone: _____

Do you speak English well? _____

Have you been to a Children's Course before? Yes No How Many? _____

If yes, where and when was your last one? _____

Do you want to learn to meditate? Yes No

Why? _____

Do you ever meditate at home? _____

Who told you about this course? _____

Do you want to come to this course? Yes No

Why are you coming to this course?

Please write a little bit about yourself and what you like to do:

Have you read:

the Sample Timetable? Yes No

the Code of Conduct? Yes No

Do you agree to try to follow the Code of Conduct while you are at the meditation course?

Yes No

Student's signature: _____

Date: _____

(This page to be filled out by parent/guardian.)

Parent/Guardian Permission for Children's Course

Course Dates: From _____ to _____

Name of Parent or Guardian: _____

Relationship to child: _____

Street Address during the course: _____

Phone # you can be contacted at during the course: _____

Have you completed a ten-day Vipassana course with S.N. Goenka or one of his Assistants Teachers? Yes No

Is there anything we should know about your child that will help him/her to have a successful course (i.e., learning needs, physical or mental health issues, etc.)?

Does your child have any allergies? Yes No

If yes, please give details on medical information form (included in this package).

Is your child presently taking any medications? Yes No

If yes, please give details on medical information form (included in this package).

My child and I have read the children's course materials (Parent/Guardian Information Sheet, Code of Conduct and Sample Timetable).

I give my permission for my child, _____, to attend this course.

Parent/Guardian signature _____ Date _____

I am driving to the course and willing to be contacted by others needing a ride:

Yes No

Children's Courses

Parent or Guardian Information Sheet

The children's course offers children between the ages **8 and 12 years old** an introduction to Anapana meditation, which is a practice of the observation of natural breath to concentrate the mind. They will learn to practice Anapana and begin to take their first steps on the path of Dhamma. The entire path of Dhamma, rediscovered and taught by Gotama the Buddha more than 2500 years ago, is a universal remedy for universal problems and has nothing to do with any organized religion or sectarian tradition. For this reason, it can be practiced freely by all, in any place, at any time. Its practice does not conflict with any race, community or religion and will prove equally beneficial to one and all.

Children who have started practicing Anapana have realized many benefits. Their ability to concentrate becomes enhanced, their memory gets sharper, their ability to comprehend a subject improves and they become calmer. In general, they feel they have a practical tool to use in the face of any type of adversity or challenge.

During the course, there will be meditation instructions as well as other activities such as games, art, and storytelling. The children will be divided into groups according to their age for many activities. They will be assigned group leaders who will personally accompany and assist them throughout the course, providing support and guidance as needed.

The intent of the children's course is serious. It is not appropriate for children who are too young or otherwise unable to follow directions or to participate in organized, self-modulating activities. It is also not appropriate for children who are unable to understand the meaning or purpose of the daily timetable and Code of Conduct. Segregation of the sexes will be maintained at all times in the accommodations as well as in the meditation hall and during much of the course.

Parents or guardians who are students of Goenkaji or his assistant teachers are welcome to apply to serve at the center and participate in work projects. Since parents or guardians will not be participating in the course, they will follow a separate schedule. They will also be accommodated separately from the children. Only those children who feel comfortable staying in separate accommodations from their parents are encouraged to attend. We ask that parents and affiliated adults refrain from communicating with or contacting their children throughout the course.

Parents or guardians who have not completed a ten-day course with Goenkaji or his assistant teachers are welcome to stay with their children during registration, but should then leave the center until the course is over. There are numerous hotels, motels and campsites in the area.

Before applying for the course, please make sure that both you and your child have read and understood the Code of Conduct and Sample Timetable.

For use in USA

Medical Emergency Form and Contact List

CONSENT FOR MEDICAL TREATMENT

As the parent, agency representative or legal guardian, I hereby give consent to the _____ (*center name*) to provide all emergency, medical or dental care prescribed by a duly licensed physician (MD) osteopath (DO) or dentist (DDS) for

Child's name

This care may be given under whatever conditions are necessary to preserve the life, limb or well-being of my dependent.

Signed _____ Date _____

Home Phone _____ Cell Phone _____

Mother's Work _____ Work Phone _____
(employer's name)

Father's Work _____ Work Phone _____
(employer's name)

ALLERGIES AND SENSITIVITIES: Does the child have a history of skin or other untoward reactions or sicknesses following injection or oral administration of:

	Circle One	If yes, describe
a) Penicillin or other antibiotics	Yes No	_____
b) Morphine, Codeine, Demerol or other narcotics	Yes No	_____
c) Novacaine or other anesthetics	Yes No	_____
d) Aspirin, Empiricin or other pain remedies	Yes No	_____
e) Sulfa drugs	Yes No	_____
f) Tetanus antitoxin or other serums	Yes No	_____
g) Adhesive tape	Yes No	_____
h) Latex	Yes No	_____
i) Iodine or merthiolate	Yes No	_____
j) Any other drug or medication	Yes No	_____
k) Any foods, such as egg, milk or chocolate	Yes No	_____

DRUGS TAKEN RECENTLY: With the past six (6) months the child has taken:

CENTER STAFF: PLEASE KEEP THIS FORM WITH YOU WHEN YOU GO TO THE DOCTOR OR HOSPITAL AND NOTIFY THE PARENTS OR GUARDIANS IMMEDIATELY.

IDENTIFICATION AND EMERGENCY INFORMATION

To Be Completed by Parent or Guardian

CHILD'S FIRST NAME	LAST	MIDDLE	SEX	TELEPHONE
ADDRESS	NUMBER	STREET	CITY	STATE ZIP
BIRTHDATE				
FATHER'S FIRST NAME	LAST	MIDDLE	WORK TELEPHONE	
ADDRESS	NUMBER	STREET	CITY	STATE ZIP
HOME TELEPHONE				
MOTHER'S FIRST NAME	LAST	MIDDLE	WORK TELEPHONE	
ADDRESS	NUMBER	STREET	CITY	STATE ZIP
HOME TELEPHONE				
<i>ADDITIONAL PERSONS WHO MAY BE CALLED IN AN EMERGENCY</i>				
NAME	ADDRESS	TELEPHONE	RELATION	
<i>PHYSICIAN OR DENTIST TO BE CALLED IN AN EMERGENCY</i>				
PHYSICIAN	ADDRESS	MEDICAL PLAN & NUMBER	TELEPHONE	
DENTIST	ADDRESS	MEDICAL PLAN & NUMBER	TELEPHONE	
IF PHYSICIAN CANNOT BE REACHED, WHAT ACTION SHOULD BE TAKEN?				
----- CALL EMERGENCY HOSPITAL -----OTHER, EXPLAIN:-----				
<i>NAMES OF PERSONS AUTHORIZED TO TAKE CHILD FROM THE FACILITY</i> (CHILD WILL NOT BE ALLOWED TO LEAVE WITH ANY OTHER PERSON WITHOUT WRITTEN AUTHORIZATION FROM PARENT OR GUARDIAN)				
NAME	RELATIONSHIP			
SIGNATURE OF PARENT OR GUARDIAN			DATE	

One-Day Children's Course Sample Timetable

- 8:30 - 9:00 Registration
- 9:00 - 9:30 orientation and introductions
- 9:30 - 10:15 course formalities, Anapana meditation
- 10:15 - 10:45 break and snack
- 10:45 - 11:30 discussion/ meditation/ story
- 11:30 - noon lunch break
- noon - 12:45 outdoor games
- 12:45 - 1:30 discussion/ meditation/ story
- 1:30 - 2:30 games
- 2:30 - 3:15 discussion/ meditation/ story
- 3:15 - 3:45 snack
- 3:45 - 4:30 art or quiet activities
- 4:30 - 5:15 discourse and closing of course

Release for Use of Photographic Images

I hereby authorize the (name of area Center) and each of its sister non-profit organizations that teach Vipassana meditation as taught by S. N Goenka to use photographic images of _____ (name of child) taken on or about _____ (date of course) for purposes of disseminating information about Vipassana meditation and/or Anapana meditation for children. I understand that the images will not be used for commercial purposes, nor will they be sold or transferred to any other entity other than those mentioned above. I understand that these images may be used on flyers, brochures, displays, web pages and other informational media.

Signed: _____ Date: _____

**MidAtlantic Vipassana Association
Children's or Teenager's Anapana Meditation Course
Waiver and Release of Liability**

FORM FOR PARENTS

I/We, _____ (parent's/guardian's) have made an informed decision and voluntarily agree to my/our child/ren participating in the Children's or Teenager's Meditation Course to be held at the Meredith Elementary School, Philadelphia, PA on March 20th, 2010 from 8:30 a.m. to 4:30 p.m.

I/We acknowledge that this Waiver and Release of Liability will be used by the Mid-Atlantic Vipassana Association, its affiliates and the organizers, teachers and volunteers of the course (the Releasees) and that it will be binding on you (the Releasers) as follows:

- a. The Releasers hereby waive, release and forever discharge the Releasees from any and all liability for any death, disability, personal injury, property damage, property theft or loss, expense or actions of any kind which may hereafter accrue to my child during the course, for any cause whatsoever, and waive any and all claims, causes or actions or demands against the Releasees
- b. The Releasers agree to indemnify and hold harmless the Releasees from any and all liabilities or claims made by other individuals or entities as a result of my child's actions during the course

I/We hereby consent for my child to receive medical treatment, which may be deemed advisable in the event of injury, accident and/or illness during the course

I/We hereby certify that I have read this Waiver and Release of Liability, understand its contents and am aware of what I am signing

Date: _____

Print Name: _____

Parent (s)/Guardian(s) signature: _____
