

Vipassana Meditation Centre of BC – *Dhamma Surabhi*

P.O. Box 699, Merritt, BC V1K 1B8

Tel: 778-785-4080 (Vancouver); 250-412-5372 (Victoria); 250-469-7180 (Kelowna)

Fax: 1-866-259-6088

Email: registration@surabhi.dhamma.org

www.surabhi.dhamma.org

Children's Course Application Package

Application Letter

Dear Student,

We are happy to receive your request for information about the Children's Meditation (ages 8 to 12) to be held at the Dhamma Surabhi Centre.

For you, we have enclosed the **Sample Schedule**, the **Code of Conduct** (to be read carefully), and the **Application Form**. For your parents, there is the **Parent/Guardian Information Sheet**, **Parent/Guardian Permission Form**, **Medical Emergency Form and Contact List**, and **Medical Information Form**.

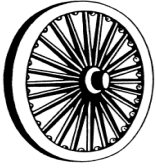
Please ask your parents to complete the **Parent/Guardian Permission Form**, **Medical Emergency Form and Contact List**, and **Medical Information Form** and then send them to us along with your **Application Form**, which you have filled out yourself

When your application has been approved, we will send you an Acceptance Letter. This letter will include a list of what you will need to bring, as well as directions to the Centre.

If you or your parents have any questions, please call the registration office at the number listed above.

We look forward to seeing you.

With best wishes,
The Registration Committee



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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.

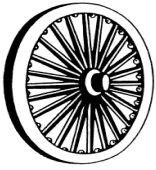
4) I shall abstain from speaking lies, harsh words, backbiting, etc. which will harm others.

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.



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Parent/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 those 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 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 Centre 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 Centre 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**.



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Sample Timetable Schedule

MONDAY

5:00 pm	Registration/Settling In
6:00 pm	Dinner
6:30 pm	Welcome and orientation talk
7:00 pm	Time with Group Leaders
7:30 pm	Meditation – introduction to Anapana meditation
8:30 pm	Bedtime (Group Leaders with children)
9:00 pm	Lights out (couple of servers supervising in dorms)

TUESDAY

6:45 am	Wake up & Physical activity
7:30 am	Meditation
8:00 am	Breakfast & Activity
9:00 am	Meditation
9:40 am	Activity & Snack
11:00 am	Meditation
11:30 am	Lunch & Outdoor Play/Rest
1:00 pm	Meditation
1:40 pm	Activity & Snack
3:00 pm	Meditation
3:30 pm	Activity
5:15 pm	Meditation
5:30 pm	Dinner and Quiet Time/Activity
6:30 pm	Meditation
7:00 pm	Story and Questions & Answers
7:45 pm	Snack
8:15 pm	Meditation
8:30 pm	Bedtime (Group Leaders with children)
9:00 pm	Lights out (couple of servers supervising in dorms)

WEDNESDAY

6:45 am	Wake up & Physical activity
7:30 am	Meditation
8:00 am	Breakfast & Activity
9:00 am	Meditation
9:40 am	Activity & Snack
11:00 am	Final Meditation
11:30 am	Dhamma Service (clean-up) and pack
12:00 pm	Course ends ~ Departure



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Application Form

(This page to be filled out by students ages 8-12 years)

Course Dates: From _____ to _____

Location: _____

Student's name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

E-mail address: _____

Boy: ____ Girl: ____ Age: ____ Birth date (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:

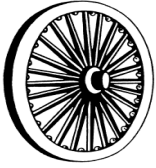
Have you read:

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:* _____



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Parent/Guardian Permission Form

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

Course Dates: From _____ to _____

Name of Parent or Guardian: _____

Relationship to child: _____

Street Address during the course: _____

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

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

Will you or another adult remain at the Centre for the duration of the course? Yes No
(Please note: children do not have to be accompanied by an adult)

If yes, name of adult who will be accompanying your child: _____
(They will need to send in a Dhamma Server's Application which is available online.)

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



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Medical Emergency Form and Contact List

(To be completed if you will not be staying at the meditation centre while your child is at the course)

CONSENT FOR MEDICAL TREATMENT:

As the parent or legal guardian, I hereby give consent to the Vipassana Meditation Centre of BC to provide emergency medical care prescribed by a duly licensed physician (MD) 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: _____

Work Phone(s): _____

ALTERNATIVE PERSONS TO BE CALLED IN THE CASE OF AN EMERGENCY:

1) Name: _____ Phone: _____

Relationship to you: _____

2) Name: _____ Phone: _____

Relationship to you: _____

PHYSICIAN INFORMATION:

Child's Physician: _____ **Phone:** _____

Child's Medical Number: _____



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Medical Information Form

ALLERGIES AND SENSITIVITIES:

Does the child have a history of skin, or other untoward, reactions or sicknesses following injection or oral administration of any of the following?:

	<u>Circle One</u>	<u>If yes, describe:</u>
	Yes No	_____
a) Penicillin or other antibiotics	Yes No	_____
b) Morphine, Codeine, Demerol or other narcotics	Yes No	_____
c) Novocaine 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, chocolate, etc.	Yes No	_____

If yes to k), please list: _____

DRUGS TAKEN RECENTLY: Within the past six months my child or teen has taken:
