

YEARLONG ĀNĀPĀNASATI COURSE

exploring the full map

DATES 2022 – 2ND & 4TH TUESDAYS MONTHLY
BEGINNING JANUARY 11TH

TIME 7:00-8:00 PM CENTRAL TIME (USA)

ONLINE VIA ZOOM

This series aims to support the daily practice of ānāpānasati among a network of friends who have attended ānāpānasati retreats with Santikaro. A commitment to regular practice is required, along with basic understanding of the first four domain (steps) and a willingness to delve into the full spectrum of the sutta (MN 118). Santikaro will act as host and primary resource person; everyone is invited to contribute suggestions, experiences, insights, and questions.

Format: Santikaro will open with a brief talk on a specific aspect of ānāpānasati teaching & practice, followed by 5-10 minutes of silent breathing. The rest of the hour will be open for discussion and Q/A. The emphasis will be on practice and the needs of this sangha.

Registration: Fill out [this on-line form](#) and send [\\$100 registration fee following the information here](#). This fee is to encourage commitment to full participation. Nobody will be refused because of inability to pay this fee. Please email us [if you cannot afford the fee](#) so that we can make other arrangements.

A week before the course begins, you'll receive an email giving access to the **course's Google Doc**, which will be the on-line hub for information concerning this course, including the Zoom link, schedule, and links to recordings.

Recordings: If you must miss a meeting, please listen to the recordings that will be posted on the course's Google Doc.

Resources: You are expected to become familiar with Ajahn Buddhādāsa's *Mindfulness with Breathing*, if you aren't already. Further, Santikaro will share articles, guided

meditations, and recordings that cover all the domains (steps) of *ānāpānasati* through the course's Google Doc.

Reciprocal support: The Buddha's teachings, sanghas of training and practice, places of practice, and practice resources involve the hard work of many people, technical skills, financial generosity, and an overall spirit of reciprocal service. As a participant in this course, in addition to the registration payment, we ask you to support our work in ways suitable to your means and abilities. The kindness of others has made this course possible; your help insures that such activities continue. Please [visit our **dāna** page on a regular basis](#).

Occasional retreats: If a retreat coincides with one of our meetings, Santikaro will reschedule an alternative date for that meeting. For example, a retreat focusing on the Citta tetrad of *ānāpānasati* will run January 22-29, so we will meet the following Tuesday. And you also are welcome to join the retreat.

Any questions? Please [email Santikaro](#).