

6 MONTHS

# ĀNĀPĀNASATI COURSE

## exploring the full map

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**DATES 2023 – 2<sup>ND</sup> & 4<sup>TH</sup> TUESDAYS MONTHLY  
BEGINNING JANUARY 10<sup>TH</sup>**

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

ONLINE VIA ZOOM

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This series aims to support the daily practice of ānāpānasati among a network of friends who have attended ānāpānasati retreats and classes with Santikaro. A commitment to regular practice is required, along with basic understanding of the first four domains (steps, trainings) 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. As we go, session topics will respond to the needs and requests of participants.

This series began in January 2022 and many of the regular attendees wish to continue into 2023. In the second half of 2022, Santikaro began what someone aptly described as his “memoirs” of 40ish years of ānāpānasati practice and study. This will continue into 2023, though not every session.

**Format:** We begin with 5 minutes of silent breathing. Santikaro then speaks to a specific aspect of ānāpānasati teaching & practice. The “memoirs” have focused on one domain at a time. 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.

**New & Old Members:** This course is open to new members, along with current participants who want to continue. **Everyone, old and new, is asked to register** for the next 6 months.

**Registration:** Fill out [this on-line form](#) (specifying “Anapanasati Conversations 2023”) 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.

**Course Home Page:** You'll receive an email giving access to the **Home Page** (a Google Doc), which will be the on-line hub for information concerning this course, including the Zoom link, schedule, and links to recordings. You'll also have access to the 2022 Home Page (Google Doc) with access to all the 2022 recordings and previous installments of the memoirs.

**Recordings:** If you must miss a meeting, please listen to the recordings that will be posted on the course's Home Page. For the first month, recordings are the Zoom original with video. After that, recordings are MP3 (audio only) stored on a Google Drive).

**Resources:** You are expected to become familiar with Ajahn Buddhādāsa's *Mindfulness with Breathing*, if you aren't already. Books by Thich Nhat Hanh and others are also worthwhile. 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, centers, and resources for practice involve and require 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 ensures that such activities continue. Please [visit Kevala Retreat's 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, Santikaro will be returning from a retreat in Brazil on February 28, so we will meet the following Tuesday.

**Please note** that [Santikaro will lead ānāpānasati](#) retreats throughout 2023, both in-person and on-line.

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