

10 MONTHS OF 2024

# ĀNĀPĀNASATI COURSE

exploring the full map

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**DATES** 2<sup>ND</sup> & 4<sup>TH</sup> TUESDAYS MONTHLY

**RESTARTING JANUARY 9<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 ānāpānasati 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 continued in 2023, with new folks joining. Now, enough of the regular attendees wish to continue in 2024 and we are currently rethinking the formats we will use. In the second half of 2022, Santikaro began what someone aptly described as his “memoirs” of 40ish years of ānāpānasati practice and study. These and other sessions are available as recordings.

**Format:** We begin each meeting with 5 minutes of silent breathing. As a general structure, our conversations will focus on a particular tetrad, with members encouraged to read the relevant chapter from *Mindfulness with Breathing* beforehand and then share personal experiences with that tetrad. If a particular domain raises questions, everyone will be asked to give special attention to that domain in the following two weeks, which we will then discuss again. Santikaro also will prepare detailed responses for the next session. When inspired, Santikaro will begin a session with new insights from his own practice and then others will be invited to comment and share. We will also refer to the sutta and its precise wording as we go. 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 10 months of 2024.

**Registration:** Fill out [this on-line form](#) (specifying “Anapanasati Conversations 2024”) 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 other arrangements can be made.

**Course Home Page:** In January, 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 & 2023 Home Pages (Google Docs) with access to all the 2022 & 2023 recordings, including 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](#) by the next morning. For about four weeks, 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, Ajahn Sucitto, 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, January 21-27 an online retreat will focus on *ānāpānasati*’s citta tetrad and move the second January session to the 30<sup>th</sup>. Another online retreat in July will focus on the Dhamma tetrad.

**Please note** that Santikaro will lead **ānāpānasati retreats** throughout 2024, both [in-person](#) and [on-line](#).

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