

10 MONTHS

ĀNĀPĀNASATI GUIDED MEDITATIONS

Body, Feelings, Mind-Heart, Dhamma

DATES 2024 – 1ST & 3RD MONDAYS MONTHLY¹

BEGINNING JANUARY 15TH

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

ONLINE VIA ZOOM

Meditation heals the spirit. Meditation also is a profoundly healing practice for body, heart, mind, and life. Buddhist tradition offers a variety of meditation practices that heal us on multiple levels and Santikaro adapts various healing practices into meditations. For the past two years, I've offered a variety of such guided healing meditations, many connected with breathing. This year, I will focus on mindfulness breathing in its breadth and depth. I will also continue the emphasis on healing — somatic, emotional, and spiritual. These days we all require healing and support.

New & Old Members: This course is open to new members, along with current participants who want to continue. We will repeat some practices, though seldom exactly as before. **Everyone, old and new, is asked to register** for the next 10 months.

Recordings from the past two years will be made available to new members on request.

Format: Two Monday mornings a month – 7:00-8:00 am – Santikaro will lead a guided meditation of 40-45 minutes accompanied by comments and a short debrief. The recording will be available later that morning (if you woke up late or were travelling).

Registration: Fill out [this on-line form](#) (specifying “Anapanasati Meditations 2024”) and send [\\$100 registration fee following the information here](#). This fee is to encourage commitment to full participation throughout January-October 2024. Nobody will be

¹ Occasionally, a date will move to accommodate a retreat Santikaro is leading.

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: After registration, 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 Page (Google Doc) with access to all the 2022 & 2023 recordings. The Home Page will be ready by January 10th.

Recordings: If you must miss a meeting, please listen to the recordings that will be shared through [the course's Home Page](#). All recordings will be available throughout the year. For the first month, recordings are the Zoom original with video. After that, recordings are MP3 (audio only) stored on a Google Drive).

Resources: Occasionally, Santikaro will share articles, links, and recordings through the course's Home Page.

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 insures 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. I continue to enjoy both in-person and on-line retreats.

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