

11 MONTHS (January thru December,  
except November)

## GUIDED MEDITATIONS: ĀNĀPĀNASATI & HEALING PRACTICES

The Body Foundations of Ānāpānasati &  
Breathing with Healing Visualizations

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**DATES 2026 – 1<sup>ST</sup> & 3<sup>RD</sup> MONDAYS MONTHLY<sup>1</sup>**  
**BEGINNING JANUARY 12TH**

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

ONLINE VIA ZOOM

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Meditation heals the spirit and breathing is a powerful healing force in our lives. **Ānāpānasati** combines the two for the healing of body, heart, mind, and life. In his personal healing journey, Santikaro has adapted various healing practices as meditations, all based in breathing. This year I'll review the body-based foundations of mindfulness with breathing one Monday each month; on the other Monday, I'll offer a breath-based visualization practice that brings sensitivity to key organs of the body and invigorates them with the healing qualities of breath, ch'i, kindness, and wholesome aspiration.

The first meditation of each month will help you build the foundations for a regular ānāpānasati practice and will also support the Ānāpānasati Foundations course (2nd Tuesday evenings of each month). The second meditation each month will draw out healing possibilities of ānāpānasati and other forms of meditation.

**New & Old Students Welcome:** This course is open to new members, especially those aiming to strengthen their daily meditation discipline, along with current participants

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<sup>1</sup> Occasionally, a date will move to accommodate a retreat Santikaro is leading.

who want to continue. We will repeat some practices, though seldom exactly as before. **Everyone, old and new, is asked to register** for the 2026 sessions.

**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 about a month, recordings are the Zoom original with video. After that, recordings are MP3 (audio only) stored in the same Google Folder as the Home Page.

**Recordings from previous years** will be made available to new members on request. They can be useful in exploring the many possibilities of mindfulness with breathing and other forms of meditation that we've explored in recent years.

**Format:** Two Monday mornings a month, usually First and Third, 7:00-8:00 am Central. Santikaro will lead a guided meditation of 40-45 minutes preceded with an introduction or followed by comments. The recording will be available later that morning (if you woke up late or were travelling).

**Registration:** Fill out [this on-line form](#) (specifying "Guided Meditations 2026") and send [\\$100 registration fee following the information here](#). This fee is to encourage commitment to full participation throughout January-December 2026. 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](#), 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 2022-2025 Home Pages and recordings.

**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 from time to time](#).

**Occasional retreats:** If a retreat coincides with one of our meetings, Santikaro will reschedule an alternative date. I enjoy both in-person and on-line retreats, and look forward to many of them in 2026. (We won't meet in November while I'm in Thailand.)

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