

Peace of mind starts with young minds

宁静的心从小开始



1 Day Anapana Meditation Course

For children & Teenagers (aged 8 - 18)

In the tradition of Sayagi U Ba Khin as taught by S.N. Goenka

一日儿童与青少年观息法课程

(年龄 - 八至十八岁)

传承自乌巴庆长者由葛印卡所教授

Date 日期 : 09 September 2017 (Saturday)

Venue 地点 : **SWAMI Home** (Elderlink, level 4 - Auditorium Hall)
No.5 Sembawang Walk
Singapore 757717

Time 时间 : 9.30am - 4.30pm

No charges for the course. Simple vegetarian lunch will be provided as well as games and other activities.

课程免费. 提供简单的素食并安排适当的游戏和活动。



For more information or to register, please visit
欲知详情和有意报名者, 可上网查阅

Website 网址 : www.sg.dhamma.org

Email 电邮 : info@sg.dhamma.org

Contact 联络 : 9011 9432

For general information on
Children's & Teenager's courses, please visit
有关儿童与青少年课程的内容, 可上网查阅

www.children.dhamma.org