



Children's courses 2025 in Austria

With the opening of the new Vipassana centre in Upper Austria, Dhamma Mudita, children's and teen's courses lasting more than one day will be held regularly from June on. In addition, a 1-day course will take place in Innsbruck in autumn.

Here are the dates for 2025:

- **13–15 June, Dhamma Mudita.** Anapana course for girls aged 8-12 and boys aged 8-17.
- **26–28 September, Dhamma Mudita.** Anapana course for girls aged 8-17 and boys aged 8-12.
- **25 October, Innsbruck.** Anapana course for girls and boys aged 8 – 17.

The children's and teen's courses at Dhamma Mudita start on Friday evenings and end on Sunday lunchtimes, so that they can also be attended outside of school holidays. The courses are open to all children from the age of eight, with or without experience in meditation, and to all adults who have already taken part in a 10-day course and would like to give service at the centre or in the course.

The prerequisite for the children's participation is that they come to the course of their own volition. The children meditate together for half an hour seven times a day. In the free time in between, there is a varied programme with entertaining activities, e.g. handicrafts, theatre, sports and games.

The adults meditate for three hours a day and have a different daily routine. They help in the kitchen, in the house, in the garden or as carers in the children's course. There is an introduction for all servers who take on a caring role before the course begins.

Further information for children is available on the Dhamma Mudita homepage under the section '[Children's courses](#)' or in this [folder for download](#) (in German). Children and adults can register [here](#).

Best regards and looking forward to this special time,

the children's course team ☺