

The first multi-day children's course in Austria was a complete success!

The first multi-day course for children and teenagers took place at Dhamma Mudita from 13 to 15 June 2025. With fifteen children and teenagers aged 8 - 14 and a similar number of helpers, the course was well attended in glorious sunshine.

The young participants learnt anapana meditation in the form of 30-minute meditation sessions.



Between the meditation sessions there was plenty of space for movement, creativity and play. You can find more pictures and information about this course in this report from page 3 onwards.

After such a successful first course, preparations are already underway for the **next children's and teenagers' course at Dhamma Mudita from 26 - 28 September 2025**. Registration for the course is already open and the children's course committee is looking forward to receiving registrations from children, teenagers and helpers through the [course program](#).

More information about children's and teens' courses you can find [here](#).

Impressions of the children's course from 13-15 June 2025 in Dhamma Mudita

In addition to meditation, there were many other activities. The pergolas in buildings M2 (girls) and M4 (boys) were perfect for craft activities in the warm temperatures. Gliders were skilfully crafted from light wood. The other handicrafts were also lovingly designed.



Letting the gliders fly was a lot of fun!

:~)



The images are protected by copyright, the persons depicted have consented to their use for internal purposes by our association, use outside the association's activities is not permitted.

A motivated and cheerful kitchen team made sure the children and young people had a good appetite.



Ein besonders kulinarisches Highlight war die von den Kindern und Jugendlichen eigene gestaltete Pizza. So kam jede/r zu seine/r Wunschkpizza!



The images are protected by copyright, the persons depicted have consented to their use for internal purposes by our association, use outside the association's activities is not permitted.

The evening theatre performance was a creative highlight. Dhamma stories from the time of the Buddha were staged by the children and young people with great creativity and commitment. The concrete slabs of M4 formed the seating area for the audience.



And the foundation of M5 was the stage. As if it had been planned for it. The stories were full of inspiration to keep his own *sila* strong.

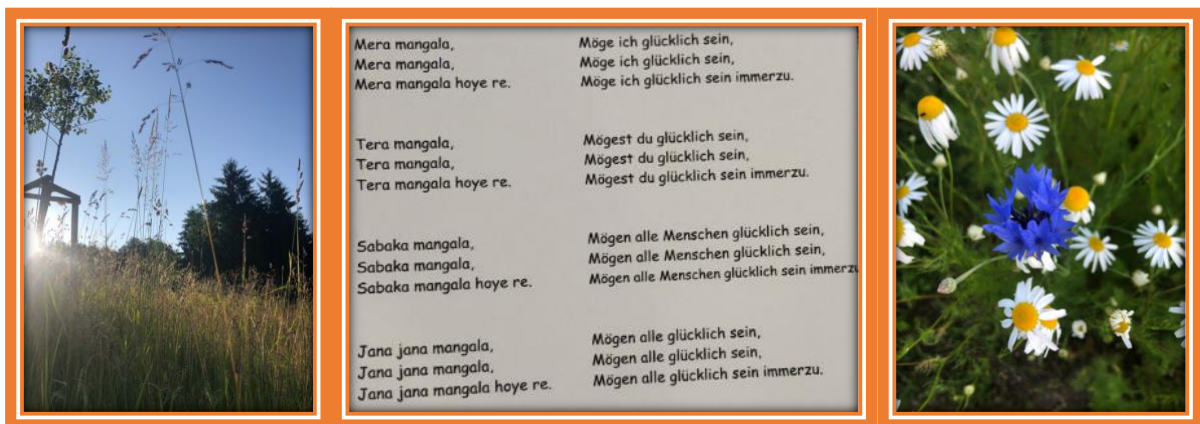


The images are protected by copyright, the persons depicted have consented to their use for internal purposes by our association, use outside the association's activities is not permitted.

We were also allowed to try out the gong!



To round off the course, all parents and servers practised the Metta meditation together.
The metta song could be 'chanted'.



MAY ALL BEINGS BE HAPPY ☺

The images are protected by copyright, the persons depicted have consented to their use for internal purposes by our association, use outside the association's activities is not permitted.