

11 MONTHS OF 2025

ĀNĀPĀNASATI DOUBLE COURSE

1: exploring foundations

2: the full spectrum

— *you may join either or both* —

DATES 2ND & 4TH TUESDAYS MONTHLY
STARTING JANUARY 14TH & 28TH

TIME 7:00-8:15 PM CENTRAL TIME (USA)

ONLINE VIA ZOOM

These are two parallel series. You can sign up for either one or both. They aim to support the daily practice of mindfulness with breathing (ānāpānasati) among a network of friends who have attended ānāpānasati retreats and classes with Santikaro. A commitment to regular ānāpānasati practice is required. For “Foundations,” no previous knowledge is required. “Full Spectrum” requires a basic understanding of the first four domains (steps, trainings), such as from a retreat with Santikaro, and a willingness to delve into the full spectrum of the sutta (MN 118).

1. This course is for folks relatively new to Mindfulness with Breathing (ānāpānasati) or who have difficulty stringing together a regular practice. You can also join if you would benefit from a review of these foundations. We will cover the basics of attitude and intention, posture, sensitivity to breathing, cultivating healthy breathing, and directing attention without strain or distraction. Each session, Santikaro will give a short talk on a relevant topic. Participants are expected to meditate regularly and to bring experiences, questions, and learnings to our conversations.
2. For experienced practitioners of ānāpānasati who wish to develop the full range of this practice as originally outlined by Buddha, especially the sections concerning feeling tones, mind (heart), and Dhamma. The Ānāpānasati Sutta (MN 118) will be a

primary reference. Each session will begin with a 15-20 minute guided practice that provides a taste of what a particular training is about. That will be the starting point of the evening's conversation. We won't spend as much time on the opening section focused on body. Join Ānāpānasati Foundations if you wish to fortify that set of trainings.

Santikaro will act as host and primary resource person; everyone is invited to contribute suggestions, experiences, insights, and questions. As we go, session topics will respond to the needs and requests of participants.

This series began in January 2022 and continued in 2023 & 2024. In the second half of 2022, Santikaro began what someone aptly described as his "memoirs" of 40ish years of ānāpānasati practice and study. These and other sessions from previous years are available as recordings.

Format: We begin each Foundations meeting with 10 minutes of guided meditation that highlights a particular aspect of ānāpānasati. Each Full Spectrum meeting will begin with a 15-20 minutes of guided meditation focused on a specific domain of ānāpānasati. In both cases, the guided meditations will serve as introductions to the evening's conversation. Participants are encouraged to bring their practical questions into the conversation.

New & Old Members: This course is open to new members, along with current participants who want to continue. **Everyone, old and new, is asked to register** for the 11 months of 2025.

Registration: Fill out [this on-line form](#) (specifying "Anapanasati Foundations 2025," "Full Spectrum," or "Both") and send [\\$100 registration fee following the information here](#). This fee is to encourage commitment to full participation. Nobody will be refused because of inability to pay this fee. Please email us [if you cannot afford the fee](#) so that other arrangements can be made.

Course Home Page: In January, you'll receive an email giving access to the **Home Page** (a Google Doc similar to [this from 2024](#)), which will be the on-line hub for information concerning these courses, including the Zoom link, schedule, and links to recordings. You'll also have access to the 2022 - 2024 Home Pages (Google Docs) with access to all the recordings from those years, including installments of the memoirs.

Recordings: If you must miss a meeting, please listen to the recordings that will be posted on the course's Home Page by the next morning. For about four weeks, recordings are the Zoom original with video. After that, recordings are MP3 (audio only) stored in the same Google Folder as the Home Page.

Resources: You are encouraged to become familiar some of the leading books on ānāpānasati, such as Ajahn Buddhādāsa's *Mindfulness with Breathing*, and those by Thich Nhat Hanh, Ajahn Sucitto, Larry Rosenberg, and Bhikkhu Analayo. Further,

Santikaro will share articles, guided meditations, and recordings that cover all the domains (steps) of *ānāpānasati* through the course's Google Doc.

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 ensures 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 for that meeting. For example, I hope to schedule an online retreat focused on *ānāpānasati*'s Dhamma tetrad in February and may need to move the second February session.

Please note that Santikaro will lead **ānāpānasati retreats** throughout 2025, both [in-person](#) and [on-line](#).

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