

# 11 MONTHS

## ĀNĀPĀNASATI GUIDED MEDITATIONS

### Body, Feelings, Mind-Heart, Dhamma

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**DATES 2025 – 1<sup>ST</sup> & 3<sup>RD</sup> MONDAYS MONTHLY<sup>1</sup>**  
**BEGINNING JANUARY 6TH**

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

ONLINE VIA ZOOM

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Meditation heals the spirit. Meditation also is a **profoundly healing practice** for body, heart, mind, and life. Breathing is also a powerful healing force in our lives. Buddhist tradition offers a variety of meditation practices that heal us on multiple levels, mindfulness with breathing (ānāpānasati) being a prime example. In his personal healing journey, Santikaro has adapted various healing practices into meditations, usually based in breathing. I've shared these experiences through a variety of guided healing meditations and variations on ānāpānasati. In 2024, I focused on mindfulness with breathing in its breadth and depth.

**For 2025**, mindfulness with breathing again will be central, supplemented with complementary practices. Generally, the first meditation of each month will focus on the foundations of ānāpānasati practice. These will help you build the foundations for a regular practice and will also support the Ānāpānasati Foundations course (2nd Tuesdays 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 who want to continue. We will repeat some practices, though seldom exactly as before. **Everyone, old and new, is asked to register** for the next 11 months.

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

**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.

**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 accompanied by comments and a short debrief. The recording will be available later that morning (if you woke up late or were travelling).

**Registration:** Fill out [this on-line form](#) (specifying “Anapanasati Meditations 2025”) and send [\\$100 registration fee following the information here](#). This fee is to encourage commitment to full participation throughout January-November 2025. 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:** After registration, 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 2022-2024 Home Pages with access to all the 2022-2024 recordings. The Home Page will be ready by December 25<sup>th</sup>.

**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 same Google Folder as the Home Page.

**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 on a regular basis](#).

**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 2025.

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