

Special Course Qualification Requirements

There are a number of special courses for old students in this tradition of Vipassana meditation practice. These courses have certain requirements which an old student must meet in order to qualify for admission. The basic qualification requirements are as follows:

1-Day or 3-Day Old Student Course

- Completion of at least one 10-Day course with Goenkaji or one of his assistant teachers.
 - Those practicing energetic healing on others should not attend.
 - Should be keeping all precepts to the best of one's ability.
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Satipatthana Sutta Course

- Completion of at least three 10-Day courses with Goenkaji or one of his assistant teachers.
 - Practicing this technique for at least one year.
 - Have not practiced any other techniques since your last course with Goenkaji or one of his assistant teachers.
 - Trying to maintain daily practice.
 - Trying to maintain five precepts in daily life and must be keeping 3rd precept (abstaining from sexual misconduct) and 5th precept (abstaining from intoxicants) from time of registration for course.
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Self-course for Serious Old Students

Self-courses are for serious old students who have completed at least three 10-Day courses - the most recent being within the last two years. There are no teachers present, no student managers, no noon interviews, and no question/answer sessions at the end of the day. The evening audio discourses are required, and the students attending are responsible for playing the tape at 7pm.

- Students are expected to follow the same time-table as a regular 10-Day course.
 - Follow all the rules and regulations (noble silence, 8 precepts, etc.) while at the center.
 - Have not practiced any other techniques since your last course with Goenkaji or one of his assistant teachers.
 - Trying to maintain daily two-hour practice since last 10-Day course.
 - Trying to maintain the five precepts to the best of one's ability.
 - Permission must be granted from an assistant teacher to attend the course.
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Old Students Only 10-Day Course

Only to be held at centres where individual cells are available.

Instructions & discourses are the same as regular 10-Day course.

- Completion of at least three 10-Day courses with Goenkaji or one of his assistant teachers.
 - Have not practiced any other techniques since last course with Goenkaji or one of his assistant teachers.
 - Trying to maintain daily practice for one year.
 - Should be keeping five precepts to the best of one's ability and strictly keeping 3rd precept (abstaining from sexual misconduct) and 5th precept (abstaining from intoxicants) from time of registration for course.
 - Completion of at least one Satipatthana Sutta Course.
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Special 10-Day Course for Old Students

- Must be a serious old student who is committed to this technique.
 - Completion of at least one *Satipatthana Sutta Course*.
 - Must have served on a 10-Day course.
 - Maintenance of daily practice of two hours per day for at least 2 years.
 - Abstaining from killing, sexual misconduct, intoxicants and keeping other precepts to the best of one's ability for one year minimum.
 - Spouse must be supportive of partner sitting long course.
 - Completion of at least five 10-Day courses with Goenkaji or one of his assistant teachers.
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20-Day Course

- Must be a serious old student who is committed to this technique.
 - Completion of at least one *Satipatthana Sutta Course*.
 - Must have served on a 10-Day course.
 - Maintenance of daily practice of two hours per day for at least 2 years.
 - Abstaining from killing, sexual misconduct, intoxicants and keeping other precepts to the best of one's ability for one year minimum.
 - At least six months gap since last sat a long course.
 - Spouse must be supportive of partner sitting long course.
 - Completion of at least five 10-Day courses with Goenkaji or one of his assistant teachers.
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30-Day Course

- Must be a serious old student who is committed to this technique.
 - Completion of at least six 10-Day courses with Goenkaji or one of his assistant teachers (one to be completed after 20-Day course).
 - Completion of at least one Satipatthana Sutta Course.
 - Completion of at least one 20-Day Course.
 - Served at least one 10-Day Course.
 - Maintenance of daily practice of two hours daily for at least 2 years.
 - Abstaining from killing, sexual misconduct, intoxicants and keeping other precepts to the best of one's ability for one year minimum.
 - At least six months gap since last sat a long course 10 day interval between long course and any other course.
 - Spouse must be supportive of partner sitting long course.
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45-Day Course

- Must be a serious old student who is committed to this technique.
 - Restricted to ATs and those involved with Dhamma service.
 - Completion of at least seven 10-Day courses with Goenkaji or one of his assistant teachers (one to be completed after 30-Day course).
 - Practice this technique for at least 3 years.
 - Completion of at least two 30-Day Courses.
 - Maintenance of daily practice of two hours per day for at least 2 years.
 - Abstaining from killing, sexual misconduct, intoxicants and keeping other precepts to the best of one's ability for one year minimum.
 - At least six months gap since last sat a long course.
 - 10 day interval between long course and any other course.
 - Spouse must be supportive of partner sitting long course.
 - For first 45-Day course at least one regular 10-Day course completed after 30-Day
 - All confirmations provisional until day 30.
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60-Day Course

- Must be a serious old student who is committed to this technique.
 - Restricted to ATs and those deeply involved with Dhamma service.
 - Practice this technique for at least 5 years.
 - Completion of at least two 45-Day Courses.
 - Maintenance of daily practice of two hours per day for at least 2 years.
 - Abstaining from killing, sexual misconduct, intoxicants and keeping other precepts to the best of one's ability for one year minimum.
 - At least six months gap since last sat a long course
 - 10 day interval between long course and any other course.
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Teacher's Self-Course

- Must be a serious old student who is playing or likely to play an important role in the spread of Dhamma.
 - Must be practicing Vipassana exclusively (not practicing any other meditation techniques).
 - Must be maintaining a daily practice of two hours per day.
 - Abstaining from killing, sexual misconduct, intoxicants and keeping other precepts to the best of one's ability.
 - Admission subject to Goenkaji's discretion. Above requirements may change annually. Check with local Areas Teacher for current requirements.
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The above are minimum requirements and not a guarantee of admission. Application for admission to each of the 10-Day Special Course, 20-Day Course, 30-Day Course, 45-Day Course, 60-Day Course and the Teacher's Self-course must include a recommendation from an Assistant Teacher who knows you well and a Full Teacher from the student's local area. Application for these courses must be made with a special long course application form which you find on this website and is available from each of the Centers.