

Buddhist Teaching for Life *with Bhante Sathi*

Fridays, January 6 - March 9
6:00 p.m. - 6:55 p.m.

(no class January 20)



Gain a comprehensive understanding of Buddhist philosophy and how to apply it to ordinary life. Beginners and advanced practitioners are welcome.

Weekly Topics, based on collected Buddhist Sutras.

1. The Four Sublime Realities
2. The Noble Eightfold Path
3. Dependent Origination (Cycle of Existence)
4. Karma and rebirth
5. Evolution - According to Buddha
6. 40 types of meditation techniques
7. Biographies of remarkable disciples
8. Historical Buddhist debates on Life and Rea

Cost for 8-week series: \$125 (\$100 for Marsh members), includes the book *What the Buddha Taught* by Walpola Rahula. Call 952-935-2202 to register.

Friday Night Meditation is at 7:00 p.m.

The weekly Friday Night Meditation class led by Bhanti starts at 7:00 p.m. Relax with a 30 minute meditation, followed by an open circle for conversation and learning. Register at 952-935-2202. Donation class - this is an opportunity to practice *dana*, or selfless generosity.