



Meditation for Beginners and Introduction to Buddhism

Middle Way Phuket

October 12th 2008 – February 22nd 2009

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Schedule

- ▶ Twice Monthly on 2nd and 4th Sundays
- ▶ Starting October 12th till February 22nd

Course Outline

- 1) **Benefits of Meditation**
- 2) **Nature of Mind**
- 3) **Various Techniques in Meditation**
- 4) **Right Attitudes in Meditation**
- 5) **Five Hindrances**
- 6) **What is Dhamma?**
- 7) **Lord Buddha**
- 8) **Eight-Fold Noble Path**
- 9) **What is 'Boon'?**
- 10) **Virtues Development in Team**

Structure of each Session

- ▶ 13:30 Opening
- ▶ 13:45 Meditation Session (Free to All)
- ▶ 14:30 Break
- ▶ 14:40 Lecture (For Registered Participants)
- ▶ 15:40 Q & A
- ▶ 16:00 Closing

What's provided?

- ▶ Handouts
- ▶ Audio Visual Materials
- ▶ Certificate of attendance (will be issued to the registered participants who have attended at least 6 sessions.)

Conditions

- ▶ We reserve the right to cancel the course if the number of participants is less than 5
- ▶ Enrollment is from 22nd Sept thru 05th Oct 2008
- ▶ Registration Fee is THB 5,000 per person for the 10-hour course
- ▶ Full payment is required on 12th Oct upon the presence for the first lecture