

Meditation class

Class
Starting
13 March
2012!
Registration
Opens Now!

Breathing and Mindfulness meditation

By Bhante Dhammaratana & Ven. Chuan Guan

We spend most of our life looking outwards, pursuing people, matters and things. That has so far given us some temporary satisfaction and happiness.

What is the underlying reality of our life?

In this series of classes, we will learn to observe the body more closely, starting with the breath, then the bodily sensations that arise in the body. When the mind is more developed, the mental vacillations and accompanying emotions become more observable.

Through this training, we will get to at least know ourselves better. We will get to know our bodily inclinations and mental habituations better.

Want to know yourself and others better? Come join us today!

Programme

12 Sessions

March 13, 20, 27

April 3, 10, 17, 24

May 1, 8, 15, 22, 29

7:30pm to 9:30pm

The Buddhist Library
2, Lorong 24A, Geylang
Singapore 398526

Group A class

- Introduction to meditation
- Mindfulness meditation
- Guided & unguided sitting
- Walking meditation
- Q&A and Interview

Group B class (pre-requisite: standard I class)

- Mindfulness meditation (longer sessions)
- Walking meditation
- Interview on request

Registration

Members \$10 • Non-Members \$20

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