



Meditation, Mindfulness & Buddhism Study

A progressive exploration of the practice

Module I: 4-week course **Meditation for Beginner's Mind**



With Luis Salamanca - Mitra (friend) of the Triratna Buddhist Order

From Nov 9th to 30th - on Thursdays - 19h to 21h

We are happy to introduce the Meditation, Mindfulness and Buddhism Study Program at Agora Lisboa. The Module I is the first of a 4 Module-program taking place over a period of 8 months, starting in November. Our intention is to help develop an integrated, progressive mental training at every level of experience, using tools from Mindfulness and Buddhism that can be incorporated into everyday life. The program draws its inspiration from Mindfulness and Buddhism in a pragmatic & non-dogmatic way, so it is open to all, regardless of their philosophical convictions or spiritual beliefs.

MEDITATION & MINDFULNESS

Module I:

Meditation for Beginner's Mind: 4-week course (Nov 2023)

Module II:

Life with Full Attention: 8-week course (Jan - Mar 2024)

MEDITATION & BUDDHISM


Module III:

Not about being good: introduction to Buddhist Ethics: 6-week course
(Mar - April 2024)

Module IV:

Mindful Emotion: introduction to loving-kindness (metta): 6-week course
(April - Mai 2024)

We suggest taking the courses in that order to support steady progress in your practice, although each course can be taken separately. We also recommend combining the course with one or more regular practices per week in order to integrate the courses' learnings efficiently.



MODULE I: MEDITATION FOR BEGINNER'S MIND

Get started with this Module I 4-week course to learn and/or review the foundations of meditation and mindfulness.

FOR WHO?

The course is intended for practitioners with any level of experience. New practitioners will find the progressive approach easy to understand and more experienced ones will be able to review the fundamentals while deepening into their practice at their own rhythm. After each course, you may easily join any of the regular guided meditation classes and/or might be interested in continuing deepening your practice by joining the Buddhism study group at Agora.

PRACTICAL AND THEORICAL CONTENT

- Good posture for meditation and common difficulties
- Mindfulness of Body
- Mindfulness of Breathing (Anapanasati)
- Introduction to Loving-Kindness Meditation
- Understanding thoughts and Emotions
- Tools to deal with persistent thoughts and emotions
- Deep Listening to self and others
- Philosophical approach: Experts mind VS Beginners Mind
- How to cultivate a mind open to many possibilities



SIGN UP FOR THE LEVEL II COURSE (Spots limited to 12)

Price: 75 euros for Agora members; 80 euros for non-member.

**If you miss one Thursday over the course you can replace the session with a regular guided meditation class before the end of the course period.*

For questions and registrations:

info@agora-lisboa.com; access the link for the registration Form.

