



# Meditation, Mindfulness & Buddhism Study

A progressive exploration of the practice

## **Module II: 8-week course** **Life With Full Attention**



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

From Jan 18th to Mar 14th - on Thursdays - 19h to 21h

We are happy to introduce the Meditation, Mindfulness and Buddhism Study Program at Agora Lisboa. 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 II: LIFE WITH FULL ATTENTION

This Module II/ 8-week course will be a comprehensive course on Mindfulness in continuation with Module I. **We will explore together 4 dimensions of mindfulness: Day to day mindfulness, Nature and art, Others, as a path towards Insight- a wholly new way of perceiving the World.**

### FOR WHO?

The course is intended for practitioners with any level of experience. Anyone who would like to explore ways of living more deeply and richly, wanting to feel that life is going somewhere - rather than just going round in circles. The progressive approach throughout the weeks will make it easy to understand, yet we will have enough time to go into depth with our practice, finding the answer to What is mindfulness? directly in our experience. 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

- How to set up a Day-to-Day Mindfulness practice
  - Mindfulness of Body
  - Mindfulness of feelings
  - Awareness of the mind and the heart
  - Appreciation as a way of life
  - Mindfulness of others
  - Cultivating insight
  - Meditation techniques: mindfulness of body, of Breathing (Anapanasati), Loving-Kindness (metta bhavana), mindful walk, mindfulness diary.
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## SIGN UP FOR THE LEVEL II COURSE (Spots limited to 12)

**Price:** 150 euros for Agora members; 160 euros for non-member.  
(-10% for students and unemployed)

Although it is strongly recommended to take the full 8 week-course, it is possible to join only the first or the second Part of the course - 4 sessions (80 euros Agora members or 85 euros non-members)

### **Dates:**

Part 1: Jan 18, 25 & Feb 1, 8

Part 2: Feb 15, 22 & Mar 7, 14

*\*If you miss one Thursday over the course you can replace the session with a regular guided Meditation (Tuesday or Thursday) session.*

### **For questions and registrations:**

info@agora-lisboa.com

