

# **Meditation, Mindfulness & Buddhism Study Program**

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 Oct 10th to 31st , on Thursdays - 19h to 21h

**We are happy to introduce the Meditation, Mindfulness and Buddhism Study Program at Agora Lisboa for 2024-2025. The Module I is the first of a 4 Module-program taking place over a period of 8 months, starting in October. 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.**

**Module I:**

***Meditation for Beginner's Mind:*** 4-week course (Oct 2024)

**Module II:**

*Not about being good: introduction to Buddhist Ethics:* 6-week course (Nov - Dec 2024)

**Module III:**

*Life with Full Attention:* 8-week course (Jan - Mar 2025)

**Module IV:**

*Mindful Emotion: introduction to loving-kindness (metta):* 6-week course (April - Mai 2025)

*Each course can be taken separately. We recommend combining the course with one or more regular practices per week in order to integrate the courses' learnings efficiently. 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.*

## **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. Learn/review the foundations of meditation: good posture, awareness of body, breath/ how to deal with thoughts and emotions.

### **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 THEORETICAL**

- 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: Expert's mind VS Beginner's Mind
- How to cultivate a mind open to many possibilities

## **SIGN UP FOR THE LEVEL I COURSE**

(Spots limited to 12)

**Price:**

80€ Agora members

90€ non-members

Ask us for subsidised price if needed.

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

**For questions and registrations:**

[info@agora-lisboa.com](mailto:info@agora-lisboa.com)

