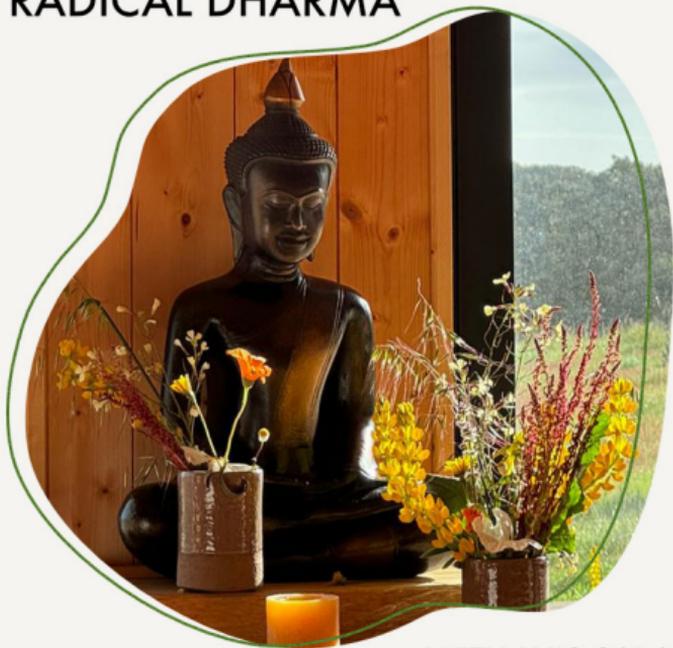


RADICAL DHARMA



WITH LUIS SALAMANCA
Mitra (friend) of the Triratna Buddhist Order

We are happy to introduce the Meditation, Mindfulness and Buddhism Study Program at Agora Lisboa for 2026. The Module II is the second of a 6 Module-program taking place over the year. 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

Introduction to the fundamentals of meditation and how to address one's mind. 4-week course (Jan - Feb)

Module II: Radical Dharma

Introduction to some of the most radical and transformative aspects of the Buddhist Dharma. 6-week course (Apr - May)

Module III: Vision and Transformation

Introduction to the Noble Eightfold Path as set by the Buddha. 6-week course (Jun - Jul)

Module IV: Not about being good

Introduction to Buddhist Ethics. 6-week course (Sep - Oct)

Module V: Life with Full Attention

Introduction to Mindfulness as a day-to-day practice. 8-week course (Oct - Dec)

Module VI: The Journey and the Guide

Introduction to a complete system of buddhist practice for our everyday life. 6-week course (Jan - Feb 2027)

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 II: RADICAL DHARMA

Introduction to some of the most radical and transformative aspects of the Dharma from the first day, with a strong emphasis on spiritual death, spiritual rebirth and spiritual community. **This course explores how the Buddhist teachings can be applied in everyday modern life.**

FOR WHO?

The course is intended for practitioners with any level of experience. It is intended for anyone wanting a structured introduction to Buddhism. 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 and understanding.

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 CONTENT

- Understanding **suffering and its causes**.
- The **nature of the mind** and how to work with thoughts and emotions.
- **Ethical living** and compassion in action.
- **Meditation techniques** and mindfulness practices.
- How to integrate **Buddhist principles** into modern life and relationships.

SIGN UP FOR MODULE II COURSE (Spots limited to 12)

DATES

From April 11th to May 16th - On Saturdays 11h30 to 13h30

PRICE FOR THE FULL COURSE

Members: 120€

Non-members: 130€

Ask us for subsidised price if needed

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

REGISTRATIONS AND QUESTIONS

info@agora-lisboa.com