

MEDITATION FOR BEGINNER'S MIND

A 4-WEEK COURSE ON SATURDAYS 11H30 TO 13H30

JUN 13TH - JUL 11TH



WITH LUIS SALAMANCA AND MARION DUVAL

We are happy to introduce the Meditation, Mindfulness and Buddhism Study Program at Agora Lisboa for 2026. The Module I is the first 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 (Jun-July)

Module II: Radical Dharma

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

Module III: Vision and Transformation

Introduction to the Noble Eightfold Path as set by the Buddha. 6-week course

Module IV: Not about being good

Introduction to Buddhist Ethics. 6-week course

Module V: Life with Full Attention

Introduction to Mindfulness as a day-to-day practice. 8-week course

Module VI: The Journey and the Guide

Introduction to a complete system of buddhist practice for our everyday life. 6-week course

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

Start your journey with this Module I, a 4-week course designed to introduce or revisit the foundations of meditation and mindfulness. You will explore the essentials of practice: establishing a good and stable posture, developing awareness of the body and the breath, and learning 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 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: Expert's mind VS Beginner's Mind
- How to cultivate a mind open to many possibilities

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

DATES

June 13, 20 and July 4, 11 – On Saturdays 11h30 to 13h30

PRICE FOR THE FULL COURSE

Members: 80€

Non-members: 90€

Ask us for subsidised price if needed

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

REGISTRATIONS

Access the link in the bio or in our website

QUESTIONS

info@agora-lisboa.com