

Course One - "Buddha's Art of Living"

Dates - 18th January to 22st January (Monday to Friday). Five days course, Every day two Lectures

Course Two - "Buddha's words & teachings"

Dates - 15th to 19th Feb 2021 (Monday to Friday). Five days course, Every day two lectures

Course Three - "Buddha's Path of Liberation"

Dates - 15th to 19th March (Monday to Friday). Five days course, Every day two lectures

Synopsis:-

These courses will unfold the life story of the great Buddha and its universal teaching of love and compassion. It will reveal his most precious gift of Vipassana Meditation to mankind. The age old technique of Vipassana meditation is capable of changing the human nature. Today every human being is in search of peace and harmony. Vipassana helps one to come out of misery, negativity of mind and brings peace & happiness.

Contents:

- Life story of Buddha
- Teachings of Buddha- Theory
- Introduction of Anapana Meditation
- Introduction to Vipassana Meditation
- Introduction to Buddha's words: Tipitika
- Vipassana & Social change
- Vipassana and Research: Physical & Mental health