

Update Two – August 3, 2015
Next Year's Course Offerings beginning August 10, 2015

Next Year's EVENING Class Course Offerings Beginning August 10th, 2015

Life is a Daily Spiritual Practice - Achieving Mindful Happiness

A 10 Week Course beginning for All Levels: Practicing each week with a variety of topics that include generosity, renunciation, patience, resolve, to ethical integrity, the development of wisdom, wise intention, loving-kindness, truthfulness and equanimity.

- Collectively known as the ten perfections - they serve as the heart and living expression of the mindful spiritual journey.

Each week will have inspirational, experiential, and contemplative meditations. A daily commitment to meditation for at least twenty minutes is required as well as a commitment to several one day retreats or a weekend retreat is required for this course.

- Membership is required for this course or advanced payment of \$300.
- This course will be taught by Michael Gregory and assisted by senior students.

Mind at Ease

Building from the previous course, "Life is a Spiritual Practice," this four and a half month course is for intermediate to advanced practitioners on the Nature of Mind (Sanskrit: Mahamudra).

- Intermediate meditation techniques to the pinnacle of enlightenment methods will be taught and practiced. A daily commitment to meditation for at least 45 minutes and membership is required to participate in this course. Several weekend retreats, ten day or thirty day retreat commitment is also required. This course will be taught by Michael Gregory and assisted by senior students.

The Beautiful Way of Life

This ten-week course will describe how to experientially practice meditations from the ancient and pivotal spiritual text, "Shantideva's Way of the Bodhisattva." This text is the Dalai Lama's and most other major Buddhist teachers guidebook to the Path as well as their source of inspiration.

- This course will be offered during as an intermediate to advanced level course.
- A daily practice of at least 45 minutes is required as well as membership in the community and a commitment to several one day and weekend retreats.
- This course will be taught by Michael Gregory and assisted by senior students.