

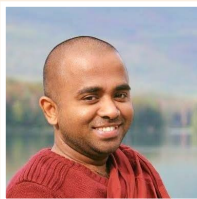


8 WEEK ONLINE PROGRAM

INTRO TO BUDDHISM

STARTING JANUARY 4, 2021

PROGRAM OUTLINE



Bhante
Sirinanda

January 4 • 7 p.m.
FIRST WEEK (INTRODUCTION)
Introduction to
Three Buddhist sects
Life of the Buddha (brief)
Triple Gem



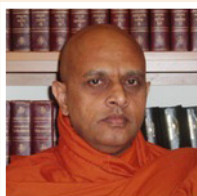
Bhante
Dhammaloka

January 11 • 7 p.m.
SECOND WEEK (WISDOM)
Four Noble Truths
Eight-fold path



Bhante
Kusala

January 18 • 7 p.m.
THIRD WEEK
(BUDDHIST MORALITY)
Ten unwholesome actions
Ten wholesome actions



Bhante
Rathanasiri

January 25 • 7 p.m.
FOURTH WEEK
(BUDDHIST MORALITY)
Four Brahma viharas
Eight Worldly conditions
(Ashta loka dharma)



Bhante
Chandananda

February 1 • 7 p.m.
FIFTH WEEK (WISDOM)
The Five aggregates



Bhante
Jinananda

February 8 • 7 p.m.
SIXTH WEEK (WISDOM)
Karma
Rebirth



Bhante
Dhammagaru

February 15 • 7 p.m.
SEVENTH WEEK (PRACTICE)
Mindfulness



Bhante
Vijitha

February 22 • 7 p.m.
EIGHTH WEEK (PRACTICE)
Buddhist lay life
Generosity, Morality and
Mental Cultivation
Importance of Care for the
dying and the dead

ZOOM: 138 285 538

For more information or to register please visit us at <https://atlanticbuddhist.com/homepage/>