BUDDHIST BASICS



How to apply Buddhist practice in your everyday life



Joanne Kumekawa is certified to teach Buddhism by the International Dzogchen Shri Singha Foundation, under the guidance of Dzogchen Khenpo Choga Rinpoche.

www.dzogchenlineage.org

TWO WEEKS: FOUR CLASSES

MAY 18, 20, 25, 27th

MON/WED 6:30-8pm

The Buddha's life story, present moment thinking, Time, Nihilism, Eternalism, Reincarnation, Karma, the five negative thinking, the five positive thinking, the Four Noble Truths of the Enlightened, Buddha Nature. Introductory Meditation Practice.

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Suggested donation \$20 per class.
Materials included.

No one turned away for financial reasons