

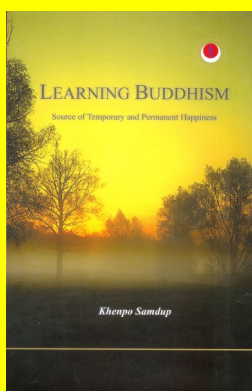
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BUDDHISM 101

The fundamental Buddhist principles that can be applied to everyday life



Eight 2-Hour Classes

Following the texts by
Khenpo Samdup Rinpoche
DDSC Spiritual Director

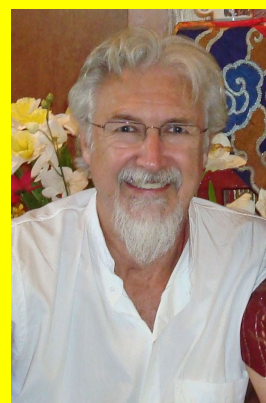
Learning Buddhism

Source of Temporary and Permanent Happiness

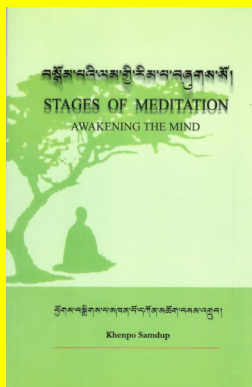
Stages of Meditation

Awakening the Mind

Teachings will be in English and under the guidance of
Venerable Khenpo Samdup



Senior Lay Instructor
Yogi Lance David
Bergerson



SATURDAY EVENINGS

7 ~ 9 PM

New cycle of classes restarts July 11, 2020
Attend in the DDSC Shrine Room or ZOOM

Request ZOOM ID and Passcode at ddsc.buddhism101@gmail.com

Please consult DDSC website for schedule updates

Learning Buddhism is a condensed compilation of essence teachings of the Buddha and the wisdom text of the Jewel Ornament of Liberation by Gampopa.

Stages of Meditation is an instruction manual to develop daily practice routines that will actualize the academic teachings found in Learning Buddhism.

Registration: ddsc.buddhism101@gmail.com
\$60 in advance of 8-classes (all charge cards accepted)
\$10 each individual class
No one turned away for lack of funds
Lance David Bergerson 443.794.5560

Everyone is Welcome!

Beginners
Advanced Practitioners
All Religions
Drop-ins OK