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

SATURDAY EVENINGS
7 ~ 9 PM
Starts January 4, 2020
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.

Everyone is Welcome!
Beginners
Advanced Practitioners
All Religions
Drop-ins OK

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