

Early Buddhism Workshop Series (Nov-Dec 2021) in Dhammaloka - Satipaṭṭhāna

The BSWA is delighted to present another workshop in the series on Early Buddhism.

Details of the Workshops are as follows:

Dates: 27/11/2021, 04/12/2021, 11/12/2021 and 18/12/2021 (4 Saturdays)

Time: 8:30am to 5:30pm

Venue: Dhammaloka Buddhist Centre

We will continue where we left off with the last workshop focusing on the seventh factor of the Noble Eightfold Path, right mindfulness, otherwise known as *satipaṭṭhāna*, "the applications of mindfulness". *Satipaṭṭhāna* is about meditation practice.

If you wish to find out how the Buddha really taught meditation, then this is for you! **Yay!**

So, what's in store for this Workshop???

- We will start by showing how *satipaṭṭhāna* relates to the rest of the Noble Eightfold Path (N8P).
- We will look at some of the misunderstandings around *satipaṭṭhāna*.
- We will see how a full appreciation of Buddhist meditation requires a broad reading of the *suttas*, as well as a historical understanding of the development of this teaching.
- We will then look at each of the four *satipaṭṭhānas* in quite a bit of detail, uncovering a number of interesting details.
- We will finish off by showing how *satipaṭṭhāna* naturally flows on to *samādhi*, the profound stillness of the mind.

Ajahn Brahmali will as usual be the anchor monk delivering this Workshop.

He may/will be assisted by Senior Monk(s) / Nun(s), who knows!!!

Please save the dates if you are keen to attend.

Registration for in-person attendance will be made available in October 2021.

The **Workshops** will be live-streamed.

If you have questions, please contact

Lay Har Goh at layharg@bswa.org.



Why did Ajahn Brahmali call this a Workshop?
Does he make you work?
Do you get paid for the work???