

EXPLORING BUDDHISM: A SERIES OF BEGINNING TEACHINGS

Presented by
Treasure Valley Dharma Friends



Starting January 12, 2019

Six introductory teachings for people interested in exploring Buddhism:

1/12/2019	Life of The Buddha and the Buddhist Worldview
1/19/2019	The Four Noble Truths – The First of the Buddha's Teachings
1/26/2019	The Meaning of Refuge and the Role of Prayer
2/2/2019	Karma and Rebirth – The importance of Cause and Effect
2/9/2019	Developing Love and Compassion
2/16/2019	Meditation – Calm Abiding and Analytical

All classes are held: 10:00 – 11:30 AM,
At: LTTT Buddhist Temple – 8813 W. Arden St., Boise

The teachings do not require preparation. Further, each session is designed to stand alone, so it is not necessary to attend them all. Everyone is welcome, and the teachings are well suited to both Buddhists and folks who are not Buddhist but curious.

Treasure Valley Dharma Friends (TVDF) meets every Saturday at 10:00 a.m. at the LTTT Buddhist Temple located at 8813 W. Arden St. The organization has been bringing renowned Buddhist teachers to Boise since 2001. TVDF promotes Buddhist practices such as meditation, book study and discussion groups. All are welcome.