

Advanced Practices Course

The Four Noble Truths & The Noble Eight-fold Path

Instructor: Dr. Manijeh Motaghy
 January 20th Retreat, Class Jan 23 to November 13, 2019
 Wednesdays from 12-1:30 PM

Advanced practices are based on the core teachings of the 4 Noble Truths and Noble 8-Fold Path. These classes take the practitioner and their transformation to the next level. May the goodness arriving from such effort, awareness and expansion benefit all beings.

Sections	Course & Retreat	Class & Retreat Dates	Break Dates
	Day-long Setting Intention Retreat	January 20, 2019	- -
Four Noble Truths			
Section 1	1. There is stress and unhappiness. 2. There is a cause for stress and Unhappiness. 3. There is a way to end the cause. 4. This Noble Eight-fold Path is the way.	Jan 23, 30 Feb 6, 13, 20,27 March 6	March 13, 20
Noble Eight-fold Path			
Wise: View, Intention, Speech, Action, Livelihood, Effort, Mindfulness and Concentration. The following combination is based on the curriculum designed by the instructor.			
Section 2	1. Wise View 7. Wise Mindfulness	March 27, April 3, 10, 17, 24, May 1, 8	May 15, 22
	Day-Long Retreat	May 19	--
Section 3	2. Wise Intention 6. Wise Effort	May 29, June 5, 12,19 July 3,10	July 17, 24
Section 4	3. Wise Speech 8. Wise Concentration	July 31 Aug 7, 14,21,28 Sep 4, 11	Sept 18, 25
	Daylong Retreat	Sept 22	--
Section 5	4. Wise Action 5. Wise Livelihood	Oct 2, 9, 16, 23, 30 Nov 6, 13	The End

For more information contact instructor at: manijeh@perfectlyhere.org
 or call her direct line at (818) 917-0636.

Each section is comprised of 7 sessions. The cost for each section is: Regular \$291; Senior \$271
 Each daylong retreat is 7 hours long. The cost for the daylong is: Regular \$100; Senior \$85
 Purchasing the Package, which includes all 5 sections plus the 3 daylong retreat, will **saves you \$75.**
The package price is \$1680; Senior package rate is: \$1535 . You will be set for a year of practice, growth and transformation. Please pass this along to your classmates and friends or family who maybe interested in learning the core teachings of the Buddha.

May the goodness of your practice and intention benefit all beings.