

Course fees

The fee for *Introducing Buddhism* is £80 (£50 concessions). This price includes the six week course and several handouts.

Booking

You need to book on the course to ensure that you have a place. You can book by phone, mail or in person via the Centre office (38 Newmarket Road, Cambridge CB5 8DT, telephone 01223 577553). Bookings are not confirmed until they are paid for. Payment can be done using a credit or debit card (on the phone or in person) or cash (in person) or cheque (made payable to 'Cambridge Buddhist Centre').

The courses start six times during the year.

Other classes and courses

There are many other activities at the Cambridge Buddhist Centre including a *Learn to Meditate* course. This course consists of two modules, each lasting six weeks, which provide a thorough introduction to the practice of meditation. See the newcomers' programme or online at www.cambridgebuddhistcentre.com for information about all the classes and events we have on offer.

Introducing Buddhism

Course prospectus



38 Newmarket Rd, Cambridge, CB5 8DT
(01223) 577553
info@cambridgebuddhistcentre.com
www.cambridgebuddhistcentre.com

Overview of the course

Buddhism provides a way of experiencing the world which can help you to find more meaning in your life and to live in a way which brings more happiness to yourself and others. *Introducing Buddhism* gives an introduction to the main ideas, practices, attitudes and symbols of Buddhism.

Format of the course

Introducing Buddhism is a six week course.

Each session runs from 7.15pm – 9.45pm on a Monday evening. There is a break during the evening for tea or coffee and biscuits.

The sessions usually consist of semi-formal presentations by the leader(s); discussion time for participants to relate the material to their own experience; short meditations; experiential workshop aspects.

Who the course is for

This course is for anyone who is interested in exploring what Buddhism is about.

Aims

By the end of the course, participants should have:

- An understanding of the main Buddhist teachings and how they are relevant to daily life;
- Experienced various Buddhist practices, for example, ethics, meditation, friendship, study;
- Had an overview of the history of Buddhism and discussed how Buddhism can be practised in the modern West;
- Shared experiences and ideas with other participants, in order to support practice and stimulate understanding.

Course Outline – Introducing Buddhism

An outline of the course is given below. The actual content may vary slightly according to the judgement of the leader.

An overview of Buddhism and how it is practised. You are encouraged to explore your own experience and to discover to what extent the Buddha's teachings are relevant to your life.

Buddhism and how to approach it

The life of the Buddha

The history of Buddhism

The teachings of the Buddha, including the four noble truths

Buddhist ethics

The Buddhist spiritual community

Symbolism