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Modern Buddhism In depth Drop-in Meditation Class

Through the clear and structured path presented in the book Modern Buddhism, this course presents Buddha's Sutra and Tantra teachings in a practical accessible form.

Teachings: 2, 16 May, 2014 (Friday, $7.30 \sim 9.30 \text{pm}$) Meditation Retreat: 18 May, 2014 (Sunday, 10 am - 1 pm) Consisting of two guided meditations that are relevant to the material being covered in the Friday evening teachings.

No bookings, Everyone Welcome! Suggested Donation: HK \$50 - \$100 each class

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