

A Course with Hai Nguyen on

# The Foundations of the Buddha's Teaching



We are pleased to offer a course on “The Foundation of the Buddha’s Teaching”. The Buddha teaching is quite vast and full of wonderful meanings. With a solid understanding of the history and the principals of Buddhism, the teaching can be quite easy to understand. This course will consist of five classes and cover various important topics such as the Buddha enlightenment, four noble truth, noble eightfold path, three dharma seals, three gems, five mindfulness training, sutra on the full awareness breathing, meditation in daily life, ... This is a course for all level of practioners that are interested in learning the Buddha teaching in details. Each class will be structured with 1 hour of lecture follow by an hour of questions, answers and simple practice. Homework is recommended after each class for those that would like to further the understanding. In addition, communication using email forum is encouraged to discuss and share understanding among classmates.

Class dates: Thursday ~ Dec 13, Jan 3, Jan 24, Feb 14, and Mar 6

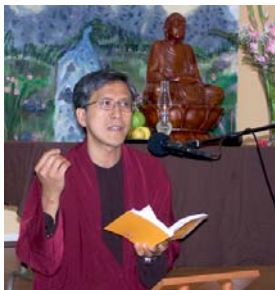
Time: From 6:30 PM to 8:30 PM

Place: Arlington, Virginia

Class fee: Class is offered free of charge based on the Buddhist tradition. For those that can contribute financially to support Hai in continuing his work, a donation in the amount of \$100 is suggested

Registration & information: Email to Judy James ([judyhames@yahoo.com](mailto:judyhames@yahoo.com)) or Luu Nguyen ([kluu1203@aol.com](mailto:kluu1203@aol.com)) or Sinh Thuc Meditation Center (703) 787-3377 ~ <http://www.sinhthuc.org/>

*After registered, detailed information will be provided on address of meeting place, email discussion forum, and class agenda*



**Hai Nguyen** is a Mindfulness meditation teacher in the Zen tradition. In 1981, he co-founded Sinh Thúc Mindful Living Society, a non-profit meditation organization in Northern Virginia. He was ordained as a Zen Buddhist Minister in 2001 at Kim Son Monastery on Mount Madonna in Northern California. Since 1991, Hai has begun to regularly led meditation retreats, Buddhist training, non-religious mindfulness meditation workshops, and meditation sitting groups in Virginia, West Virginia, Pennsylvania, and California. He taught at Saint Leo University in Norfolk, Virginia and regularly teaches mindfulness meditation at the Northern Virginia Community College. With many years of experience in teaching the 2,500 years old Eastern meditation practice, Hai is able to present the teaching in easy to understand and recommend practices that can be practically integrated into today's busy life.