



# BACK TO THE ROOTS



## NEW PROGRAMME

AUTUMN / WINTER 2017 (REVISED DATES)

DROP IN CLASSES • FREE ENTRY (Donations optional\*)

# MINDFULNESS AND WISDOM

Each session will explore an aspect of THE FOUR FOUNDATIONS OF MINDFULNESS; *Breath / Body, Feelings, Thoughts* and *Mind*. The sessions will include opportunities for discussion as well as practice.

## THURSDAYS 7PM TO 9PM

2017 DATES: 2, 9, 23, 30 Nov, 7, 14 Dec

During the 6 week programme we will pay particular attention to The Fourth Foundation: *Mindfulness of Dharmas*. To help us on the way, we will have a very special guest for session 2°. Dhivan, an order member from the Triratna Buddhist Order, whose accessible and engaging style will ensure we enjoy a simple and entertaining engagement with these immensely profound and practical teachings, originally given 2,600 years ago by Buddha.

(° This session (2) takes place on 9 Nov and is guaranteed to be popular, so please let me know if you intend to attend, by contacting me on the details below.)

### PROGRAMME

#### WEEK ONE: 2 Nov - Foundations

- An overview of the first three foundations of mindfulness - body, feelings and mind

#### WEEK TWO: 9 Nov

SPECIAL EVENT - Mindfulness of Dharmas with Dhivan

#### WEEK THREE: 23 Nov - Feelings

- Focus on Feelings and Mind

#### WEEK FOUR: 30 Nov - Focus

- Introduction to Buddha's 4 Noble Truths

#### WEEK FIVE: 7 Dec - Fogginess

- Overcoming hindrances and obstacles to our practice

#### WEEK SIX: 14 Dec - Futures

- Factors of Enlightenment



DHIVAN is a philosopher, author and wonderful facilitator & teacher.

### THE TRIRATNA BUDDHIST ORDER AND COMMUNITY

is a worldwide movement of people who try to engage with the Buddha's teachings in the conditions of the modern world. Neither monastic nor lay, they are simply Buddhists, at varying stages of commitment and understanding, adopting to the best of their ability in their lives the ethical standards of the Dharma.

### LOCATION:

Black Swan Arts Centre  
2 Bridge Street, Frome BA11 1BB

## Contact Paul for further information

07974 254355 | paul@dragonfly-coachingforlife.co.uk  
www.dragonfly-coachingforlife.co.uk/back-to-the-roots

\* If you wish to make a donation, this can be done in the spirit of the Dana Economy. (Dana is a Sanskrit / Pali word meaning giving or gift). This allows the course to be open to anyone regardless of individual financial circumstances, by allowing people to pay what they can afford.