

Meditation

For Beginners

Office:

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Course Instructor:

Piya Tan is a full-time lay teacher specializing in early Buddhism, and has run numerous meditation courses and retreats for tertiary students and adults since 1980s. In 1992 he taught meditation course at the University of California at Berkeley, USA. Currently, he is doing an on-going translation project of the Pali Sutta in the "Sutta Discovery" series. He is married with two young sons.



Course Details:

Date: Every Wednesday, starting on 20 Oct 2004
Oct 20,27; Nov 3,10,17,24; Dec 1,8
Time: 7.45p.m. - 9.00p.m.
Fee: S\$50.00 (8 sessions)
Venue: Brahm Education Centre
15 Lorong 29 Geylang
#05-01, Singapore 388069

- ◆ Understanding the Mind
- ◆ Dealing with Negative Emotions
- ◆ Aligning the Mind with the Body
- ◆ Finding Happiness in the Present Moment
- ◆ Developing Love for Oneself and Others
- ◆ Overcoming Sleep Disorders
- ◆ Discovering Oneself

Registration Form

Course Title : Meditation for Beginners (Oct 2004)

Dr/Mr/Mrs/Ms: _____ BF Membership No. _____)

Address : _____ S(_____)

Tel: _____ HP: _____ E-mail: _____

I hereby enclose cash/cheque* for S\$ _____ (Cheque No. _____ Bank _____)

Please make cheque payable to "Brahm Education Centre Ltd" and mail to No. 9 Lorong 29 Geylang, #04-02, S(388065)