



TIBETAN BUDDHISM

The Six Breathing Meditations from the Nyingma School

Vajrayana Buddhism Association (Hong Kong)
English Meditation Course with Breathing Exercises

PURPOSE This course introduces the principles and practices to be free from defilements formed by attachment to representations and conceptions.

METHOD Integrating the different sets of meditative practices and Dharma teachings will help the practitioners to experience and continually maintain the primordial awareness that is originally free from concepts.

FOCUS The course is mainly on the principles of the **Fourfold Dependent Originations** and **Natural Wisdom** together with the **Six Breathing Exercises of Nyingma School**. Relevant technical terms are also introduced. All these teachings are the expedient devices to liberate the mind from conceptual reality to absolute reality.

PREREQUISITES Participants are not required to have any prior meditation experience.

COURSE SUCCESS The course for English-speaking students has been successful in Toronto, Canada. It is being held in Hong Kong since spring 2011. For more information, please visit the following website: www.vbatoronto.org/en/default.aspx

Course Duration: 22 May – 2 August 2012 (9 lessons)

Day and Time: Tuesdays 7:00 – 8:30 pm

Venue: Vajrayana Buddhism Association, Units 1-2, 2nd floor
Nam Pak Hong Building, 24 Bonham Strand West
Sheung Wan, Hong Kong

Fees: HK\$40 per session (total of 9 sessions)

Class: Approximately 20 students

For enrolment and further information, please contact
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