

“The Buddha’s 84,000 teachings boil down to the essence of view, meditation, and application for everyday life. This Buddhist Foundation Studies course teaches you, in an accessible, easy, and experiential way to transform the kleshas and to discover your hidden potential using view, meditation, and application.”

Yongey Mingyur Rinpoche



“It’s not purely academic study... to have arts, movement, and meditation practice built into our days...It’s just been such a rich experience.”

“It’s been a safe, supportive container to lean into and explore things...in such a creative and integrated environment.”

“To work with local craftspeople and artists and learn from them, steeping in their traditions has all been a tremendous gift.”

CS, class of 2019

“I have thoroughly enjoyed this course...The greatest thing that I’ve taken away from this is a better, clearer mind than I had before.”

LS, class of 2019



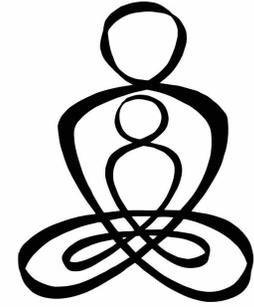
Entry Requirement: Fluency in English

Confirmation of acceptance to the course is subject to successful interview.

Please address enquiries and requests for registration to:

Abiding Heart Education Course Coordinator
George Hughes: admin@AbidingHeart.Education

Abiding Heart Education Director
Dr Meyrav Mor: meyrav@AbidingHeart.Education



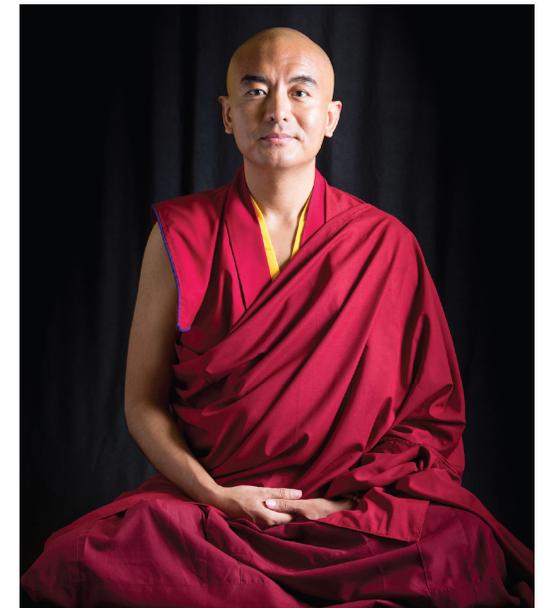
**ABIDING HEART
EDUCATION**

Presents:

An Experiential Buddhist Foundation Studies Course

Kathmandu, Nepal

3 January to 8 May 2020



Mingyur Rinpoche and his dedicated team have developed a unique way of learning, understanding, and integrating Buddhism in this experiential, transformational course.

Teachers facilitate a process whereby students sharpen their intellectual knowledge and undergo an inner transformation of their thinking, emotions, and behaviours. In Buddhist terms, the aim is to transform body, speech, and mind. Transformative learning goes beyond transmitting knowledge and facts, stressing the internalisation and integration of what is learned.

The content of the programme explores the view, meditation and conduct of the Shravakayana, Mahayana and Vajrayana vehicles of Buddhism.

The key points of the four Buddhist philosophical schools, from Buddhist materialism to the Middle-Way perspective, are brought to life. The aim is to encourage open-mindedness, curiosity, and the capacity for multi-dimensional understanding.

This Foundation Studies course gives equal weight to engaging the head, heart, and doing. Students and Teachers co-create a safe environment that encourages risk taking, and provides space in which to make mistakes, ask questions, and creatively relate all that they have absorbed. Arts, crafts, and movement are an integral part of the learning process and serve to ensure the experience is filled with joy and laughter.

The aim is that by the end of the four months, participants have a firm foundation of Buddhist principles and meditation, have nurtured their inner experience of life, and have developed resilience through the arts, crafts, physical activities, and meditation practices.



16 weeks of classes (Monday to Friday) include:

- 175 hours of Buddhist philosophy and history
 - 150 hours of guided group meditation and regular bespoke individual sessions
 - 140 hours of arts & crafts and movement including drawing, painting, sculpting with clay and stone, wood-carving, weaving, plant dyeing, music, yoga and dance
 - Weekly group facilitation
 - Pastoral care
 - Once a month pilgrimage to Buddhist sacred sites within the Kathmandu valley (at additional cost)
- Tuition Fee: US\$3500
Scholarships might be available for a limited number of seats.

Accommodation on a twin-share basis with full board:
US\$600 per month

Learn more at:

<https://www.AbidingHeart.Education>

Intensive Inner Work

This course is an intensive dive into Buddhist philosophy, meditative practice, and personal development. As we engage head, heart, and doing on a daily basis, we are sure to experience resistance to change as we learn to take whatever arises and make it our friend.

Please be prepared for rigorous inner work as a result of applying the material covered in philosophy, meditation, group work, and the evocative, transformational arts that are incorporated into this full programme.

