

VISION AND TRANSFORMATION

BUDDHA'S EIGHTFOLD NOBLE PATH



WITH LUIS SALAMANCA
Mitra (friend) of the Triratna Buddhist Order

We are happy to announce the Module 3 of our Meditation, Mindfulness and Buddhism Study Program at Agora Lisboa. Our overall intention is to help develop an integrated, progressive mental training at every level of experience, using tools from Mindfulness and Buddhism that can be incorporated into everyday life.

Module I: Meditation for Beginner's Mind

4-week course (Jan-Feb)

Introduction to the fundamentals of meditation and how to address one's mind

Module II: Radical Dharma

6-week course (Apr- May)

Introduction to some of the most radical and transformative aspects of the Buddhist Dharma

Module III: Vision and Transformation

6-week course (Nov-Dec)

Introduction to the Noble Eightfold Path as set by the Buddha

Module IV: Not about being good

6-week course (Feb-Mar 2027)

Introduction to Buddhist Ethics

Module V: Life with Full Attention

8- week course (Apr- May 2027)

Introduction to Mindfulness as a day-to-day practice

Module VI: The Journey and the Guide

6- week course (Jun-Jul 2027)

Introduction to a complete system of buddhist practice for our every-day life

Each course can be taken separately. We recommend combining the course with one or more regular practices per week in order to integrate the courses' learnings efficiently. The program draws its inspiration from Mindfulness and Buddhism in a pragmatic & non-dogmatic way, so it is open to all, regardless of their philosophical convictions or spiritual beliefs.

MODULE III: VISION AND TRANSFORMATION

This course offers a lively introduction to the Eightfold Noble Path in Buddhism, with an emphasis on simple experiential exercises that create positive emotion and build connections between people. It is a follow-on to the Module II Radical Dharma course.

FOR WHO?

The course is intended for practitioners with any level of experience. It is intended for anyone wanting a structured introduction to the system of practice and transformation of the mind as set by the Buddha. The Eightfold Path was the Buddha's first teaching after Enlightenment. It is particularly useful because it looks at how we can apply the Buddhist teachings to all the different aspects of our lives. New practitioners will find this course easy to understand and more experienced ones will be able to deepen their knowledge and practice of one of the fundamental teachings of Buddhism.

After each course, you may easily join any of the regular guided meditation classes and/or might be interested in continuing deepening your practice by joining the Buddhism study group at Agora.

PRACTICAL AND THEORETICAL CONTENT

- Understanding **suffering and its causes through the Four Noble Truths.**
- Developing our **vision of the nature of existence as being more than what society normally offers us.**
- Understanding in practical ways **how to transform our emotions and our life in the light of this vision.**
- Review of **Meditation techniques** and mindfulness practices.

SIGN UP FOR MODULE III COURSE

(Spots limited to 12)

DATES

From November 2 to December 7 – On Mondays 19h to 21h

PRICE FOR THE FULL COURSE

Members: 120€

Non-members: 130€

Ask us for subsidised price if needed

**If you miss one session of the course you can replace it with a regular guided meditation before the end of the course period*

FOR QUESTIONS AND REGISTRATIONS:

info@agora-lisboa.com