

PROGRAMME
ESSENTIAL TEACHING ONLINE
Saturday 22 May, 29 May, 5th June and 12th June 2021

May 22nd

10-12 am Session 1
Meditation together
Introduction.
Sharing our meditation journeys

4-6pm Session 2
Meditation together
The Essential Teaching (1)
(talk and discussion)

May 29th

10-12am Session 3
Meditation together
The History of the Tradition (2)
(talk and discussion)

4-6pm Session 4
Meditation together
Answering FAQ's
Guidance for preparing a short introductory talk.

June 5th

10-12am Session 5
Meditation together
Giving a short introductory talk to a small group
and receiving friendly feedback

4-6pm Session 6
Meditation together
The Meditation Journey (3)
(talk and discussion)

June 12th

10-12am Session 7
Meditation together
Starting and Leading a Group
(talk and discussion)
Safeguarding and GDPR
Any questions that have arisen throughout the course

4-6pm Session 8
Meditation together
Sharing the Gift - Resources
(talk and discussion)
What next?
Closing Ceremony.