

## Foundations of Meditation - 6 week course

### **Structure of the Course**

The course is led by Sujana, one of our best meditation teachers here at Norwich Buddhist Centre. He has the wisdom and experience to create a course which will be very much tailored to the needs of each person in the group. Here is an outline of the course:

#### Week 1

Learn the right posture for your body and other foundations of meditation. Discover for the first time or afresh the Mindfulness of Breathing meditation practice. Setup a sustainable practice at home.

#### Week 2

Learn how to work with and overcome discomfort and pain in our physical and emotional experience.

#### Week 3

Learn or refresh the Metta bhavana practice for developing loving kindness through meditation and transforming hatred and ill will.

#### Week 4

Discover how to develop more pleasure in our experience and use that pleasure to become more absorbed.

#### Week 5

Learn five hindrances to deepening our concentration in meditation and five antidotes to apply to those hindrances.

## Week 6

Look at how to balance meditation so that it allows for an energised state of calm to arise. Develop confidence that you can apply and sustain all this in your everyday life and live life fully in a relaxed and resilient way that is in harmony with the planet.