

Buddha's Art of Living – Conducted by VRI  
in Collaboration with ITEC

Dates – 1st July to 5th July 2021

(Thursday to Monday)

Time – 5:30 to 8:30 am (Indian Standard Time)

Contents:

- 1) Life story of Buddha - Two lectures
- 2) Teachings of Buddha – Theory - Two lectures
- 3) Introduction to Anapana Meditation - One lecture
- 4) Introduction to Vipassana Meditation One lecture
- 5) Introduction to Buddha's words: Tipitika - Two Lectures
- 6) Spread of Dhamma - One lecture
- 7) Vipassana and Research: Physical & Mental health - One lecture

-----