



IBPS, North Carolina

Service – Self-development and Cultivation

1) Meditation Cultivation

This program runs on every Wednesday (7:30 pm – 9:00 pm), in February and April ONLY, no classes during March (\$15/8 classes).

Activities may include

- ✓ Walking Meditation
- ✓ Tai Chi
- ✓ Relaxing Meditation
- ✓ Dharma Discussion
- ✓ Feedback

Beneficial aspect of meditation

- Have peace in mind
- To bring more awareness into your life
- Positive thinking.
- Purify your mind, overcoming sorrow and grief
- Reduce stress
- Be happy

2) Buddhism Study Class

This program runs on every Wednesday (7:30 pm – 9:00 pm), in March and May ONLY, no classes during April and 3/31, (\$15/8 classes).

- Learn about Buddhism and how it can influence your daily life.
- Learn the valuable teachings of the Buddha and learn how it can inspire you to be a better person.
- Buddhism study will open your mind to new ideas and will give you the tools necessary to find your inner self.
- Prepare to be inspired and learn something new!

Special Note for the 2 courses above:

There is no time conflict between these 2 courses and one can sign up either course #1 or #2 or both.

3) Introduction to Buddhism

This program runs on every 2nd and 4th Saturday (10:00 am – 11:30 am) from February 27 thru May 8 (\$15/6 classes)

1st ~ 5th Class

- ✓ Students will learn about the fundamental teachings of the Buddha,
- ✓ Humanistic Buddhism philosophy and its application in daily life.

6th Class

- ✓ Meditation
- ✓ You will learn how to calm down your mind and find your inner peace.

If you are interested in joining the classes, please register before Jan 31, 2010

Contact: (919)816-9866 Fax: (919)816-9885
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