Foundations for Freedom: The Hinayana

<table>
<thead>
<tr>
<th>Dates</th>
<th>Teachers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-recorded / Available</td>
<td></td>
</tr>
<tr>
<td>after March 5</td>
<td></td>
</tr>
<tr>
<td><strong>Free Introductory Talks:</strong> Framing the Journey</td>
<td>Acharyas Simmer-Brown and Hessey and Shastri Loden Nyima</td>
</tr>
</tbody>
</table>

1. **Course 1: (SPRING: April-May)**
   - **First Noble Truth: Meeting Suffering with Maitri**
   - **Sunday, April 19**
     - Class 1 (LIVE): Introduction to First Noble Truth + Mindfulness of Body
     - Pre-recorded
       - Class 2: The 4 Marks: Impermanence (anicca) (Pre-recorded)
       - Class 3: The 4 Marks: Suffering (dukkha) (Pre-recorded)
       - Class 4: The 4 Marks: Egolessness (anatta) (Pre-recorded)
       - Class 5: The 4 Marks: Peace ( nibbana) (Pre-recorded)
   - **Sunday, May 31st**
     - Live Discussion Groups

2. **Course 2: (SUMMER: June-July-August)**
   - **2nd Noble Truth -- Origins of Suffering, Part I: The 5 Skandhas**
   - **Sunday, June 14**
     - Class 1 (LIVE): Intro to 5 skandas and Placement (in mindfulness practice)
     - Pre-recorded
       - Class 2: 5 Skandhas: Form (Pre-recorded)
       - Class 3: 5 Skandhas: Feeling/Perception (Pre-recorded)
       - Class 4: 5 Skandhas: Conception (Pre-recorded)
       - Class 5: 5 Skandhas: Consciousness (Pre-recorded)
   - **Sunday, August 23**
     - Live Discussion Groups

3. **Course 3: (FALL: Sept-October)**
   - **2nd Noble Truth -- The Origins of Suffering, Part II: Wheel of Life, Karma & 12 Nidanatas**
   - **Sunday, Sept 6**
     - Class 1 (LIVE): Intro to 2nd Noble truth + Mindfulness of Life
## Foundations for Freedom: The Hinayana

<table>
<thead>
<tr>
<th>Dates</th>
<th>Teachers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-recorded</td>
<td>Class 2: Kunjung of Klesha &amp; Karma (Pre-recorded)</td>
</tr>
<tr>
<td>Pre-recorded</td>
<td>Class 3: Wheel of life and 6 Realms (Pre-recorded)</td>
</tr>
<tr>
<td>Pre-recorded</td>
<td>Class 4: 12 Nidanas: Cause (1-2) and Result (3-7) (Pre-recorded)</td>
</tr>
<tr>
<td>Pre-recorded</td>
<td>Class 5: 12 Nidanas: Present lifetime (8-10) and Future lifetime (11-12) (Pre-rec.)</td>
</tr>
<tr>
<td>Pre-recorded</td>
<td>Class 6: The long view: Karma and lifetimes &amp; Cosmology (Pre-recorded)</td>
</tr>
</tbody>
</table>

**Sunday, October 25**  
Live Discussion Groups  
A. Simmer Brown and Shastri Nyima  
Live event on Zoom

---

<table>
<thead>
<tr>
<th>Course 4: (WINTER 2020: Nov-December)</th>
<th>The Third Noble Truth -- Freedom from Suffering</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday, November 8</td>
<td>Class 1 (LIVE): Intro to 3rd Noble Truth + Mindfulness of Effort</td>
</tr>
</tbody>
</table>

Pre-recorded  
Class 2: Non-Struggle, Cessation, and The Gap (Pre-recorded)  
Class 3: The Radical and Fullness of the 3rd Noble Truth as the end of Samsara (Pre-recorded)  
Class 4: Resting in the gap and Vipashyana (Pre-recorded)  
Class 5: ??

**Sunday, December 13**  
Live Discussion Groups  
A. Duquette and A. Hessey  
Live event on Zoom

---

<table>
<thead>
<tr>
<th>Course 5 (WINTER 2021: Jan-February 2021)</th>
<th>The Fourth Noble Truth -- The Path of Shila, Samadhi, and Prajna</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday, January 10</td>
<td>Class 1 (LIVE): Intro to 4th Noble Truth + Mindfulness of Mind</td>
</tr>
</tbody>
</table>

Pre-recorded  
Class 2: Shila: Vows, precepts: Dharmic lifestyle and householder practice (ES) (Pre-recorded)  
Class 3: Samadhi & Prajna: Having a daily practice and regular study (Pre-recorded)  
Class 4: The Three Jewels: Spiritual Ancestry and the heritage of the Buddha (Pre-recorded)  
Class 5: Taking Refuge
### Foundations for Freedom: The Hinayana

<table>
<thead>
<tr>
<th>Dates</th>
<th>Teachers</th>
<th>Live event on Zoom</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sunday, February 21</strong></td>
<td>Live Discussion Groups</td>
<td>A Rosenthal and A. Spiegel</td>
</tr>
</tbody>
</table>

**How Centers & Groups Might Schedule the Course**

The mix of live and pre-recorded talks provides a lot of flexibility for you to fit this course into your schedule.

- Join both live events in each section and schedule the remaining pre-recorded sessions whenever it is best for your center (e.g., Sunday mornings, or weekly evenings).

- Watch the recordings of the live events (first talks of each course) and the pre-recorded talks at times that are convenient for your center. (e.g., you could schedule the course on five weekday evenings, if that is best for you, and not worry about attending the live events.)

- Organize a weekend program using all the recordings