

**PLEASE NOTE: THE INFO IN THIS DOCUMENT MAY CHANGE SLIGHTLY**

## Foundations for Freedom: The Hinayana

Dates		Teachers	
Pre-recorded / Available after March 5	<b>Free Introductory Talks: Framing the Journey</b>	<b>Acharyas Simmer-Brown and Hessey and Shastri Loden Nyima</b>	
<b>1</b>	<b>Course 1: (SPRING: April-May)</b>	<b>Acharyas Susan Chapman and A. Fleet Maull</b>	
	<b>First Noble Truth: Meeting Suffering with Maitri</b>		
<b>Sunday, April 19</b>	Class 1 (LIVE): Introduction to First Noble Truth + Mindfulness of Body	Acharyas Chapman and Maull	Live event on Zoom
Pre-recorded	Class 2: The 4 Marks: Impermanence (anicca) (Pre-recorded)	A. Fleet Maull	
Pre-recorded	Class 3: The 4 Marks: Suffering (dukkha) (Pre-recorded)	A. Susan Chapman	
Pre-recorded	Class 4: The 4 Marks: Egolessness (anatta) (Pre-recorded)	A. Fleet Maull	
Pre-recorded	Class 5: The 4 Marks: Peace ( nibbana) (Pre-recorded)	A. Susan Chapman	
<b>Sunday, May 31st</b>	Live Discussion Groups	Acharyas Chapman and Maull	Live event on Zoom
<b>2</b>	<b>Course 2: (SUMMER: June-July-August)</b>	<b>Acharyas John Rockwell and Dale Asrael</b>	
	<b>2nd Noble Truth -- Origins of Suffering, Part I: The 5 Skandhas</b>		
<b>Sunday, June 14</b>	Class 1 (LIVE): Intro to 5 skandas and Placement (in mindfulness practice)	A. John Rockwell and A. Dale Asrael	Live event on Zoom
Pre-recorded	Class 2: 5 Skandhas: Form (Pre-recorded)		
Pre-recorded	Class 3: 5 Skandhas: Feeling/Perception (Pre-recorded)		
Pre-recorded	Class 4: 5 Skandhas: Conception (Pre-recorded)		
Pre-recorded	Class 5: 5 Skandhas: Consciousness (Pre-recorded)		
<b>Sunday, August 23</b>	Live Discussion Groups	A. John Rockwell and A Dale Asrael	Live event on Zoom
<b>3</b>	<b>Course 3: (FALL: Sept-October)</b>	<b>A. Judith Simmer-Brown and Shastri Loden Nyima</b>	
	<b>2nd Noble Truth -- The Origins of Suffering, Part II: Wheel of Life, Karma &amp; 12 Nidanas</b>		
<b>Sunday, Sept 6</b>	Class 1 (LIVE): Intro to 2nd Noble truth + Mindfulness of Life	A. Simmer Brown and Shastri Nyima	Live event on Zoom

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Pre-recorded	Class 2: Kunjung of Klesha & Karma (Pre-recorded)		
Pre-recorded	Class 3: Wheel of life and 6 Realms (Pre-recorded)		
Pre-recorded	Class 4: 12 Nidanas: Cause (1-2) and Result (3-7) (Pre-recorded)		
Pre-recorded	Class 5: 12 Nidanas: Present lifetime (8-10) and Future lifetime (11-12) (Pre-rec.)		
Pre-recorded	Class 6: The long view: Karma and lifetimes & Cosmology (Pre-recorded)		
<b>Sunday, October 25</b>	Live Discussion Groups	A. Simmer Brown and Shastri Nyima	Live event on Zoom
<b>4</b>	<b>Course 4: (WINTER 2020: Nov-December)</b> <b>The Third Noble Truth -- Freedom from Suffering</b>	<b>Acharya Dan Hessey + A. Suzann Duquette</b>	
<b>Sunday, November 8</b>	Class 1 (LIVE): Intro to 3rd Noble Truth + Mindfulness of Effort	A. Duquette and A. Hessey	Live event on Zoom
Pre-recorded	Class 2: Non-Struggle, Cessation, and The Gap (Pre-recorded)		
Pre-recorded	Class 3: The Radical and Fullness of the 3rd Noble Truth as the end of Samsara (Pre-recorded)		
Pre-recorded	Class 4: Resting in the gap and Vipashyana (Pre-recorded)		
Pre-recorded	Class 5: ??		
<b>Sunday, December 13</b>	Live Discussion Groups	A. Duquette and A. Hessey	Live event on Zoom
<b>5</b>	<b>Course 5 (WINTER 2021: Jan-February 2021)</b> <b>The Fourth Noble Truth -- The Path of Shila, Samadhi, and Prajna</b>	<b>Acharya Eric Spiegel + A. Eve Rosenthal</b>	
<b>Sunday, January 10</b>	Class 1 (LIVE): Intro to 4th Noble Truth + Mindfulness of Mind	A Rosenthal and A. Spiegel	Live event on Zoom
Pre-recorded	Class 2: Shila: Vows, precepts: Dharmic lifestyle and householder practice (ES) (Pre-recorded)		
Pre-recorded	Class 3: Samadhi & Prajna: Having a daily practice and regular study (Pre-recorded)		
Pre-recorded	Class 4: The Three Jewels: Spiritual Ancestry and the heritage of the Buddha (Pre-recorded)		
Pre-recorded	Class 5: Taking Refuge		

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<b>Sunday, February 21</b>	Live Discussion Groups	A Rosenthal and A. Spiegel	Live event on Zoom

### 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