

e-ITEC Courses Conducted by VRI in Collaboration with ITEC

Name of the Course - **Buddha's Art of Living**

Dates –**13th January 2022 to 17th January 2022** (Thursday to Monday)

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

(Continent - Time especially suitable for South American Countries)

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 - Three Lectures
 - 6) Spread of Dhamma - One lecture
 - 7) Vipassana and Research: Physical & Mental health - One lecture
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