



There is no path to happiness;
happiness is the path.
— Gautama Buddha

Exploring the Philosophy of Buddhism



Your Dharma teacher is Dr. Cynthia L. Marshall, who is an ordained Roshi in the Soto Zen tradition. Her classes are always interactive; no tests, no worries! She can be reached for more information at drmarshallcares@gmail.com

Have you always been curious about Buddhism? Buddhism can be practiced as a philosophy as well as a spiritual path. This course is designed for those of all spiritual practices.

This six-week course combines lecture, power point and vids, group discussion and practice to explore the philosophy of Buddhism. The course is a six-week commitment.

- How Eastern religions differ from Western Religions. Who is Buddha? The story of Buddha and the Geographical knowledge chain of Buddhism.
- The philosophical concepts of Buddhism: the short version!!
- Buddhist practices and types of Buddhist followers.
- How 21st century brain research intersects with 2000-year-old Buddhist meditation as an essential and healthy daily practice.
- The important and sacred teachers in Buddhism: names, faces, and significance.
- Meditation and Dharma talk, meeting Buddhists, bibliographic information on Buddhism, and special certificate ceremony.

Class Limit is 20 people; we will begin a second class if first class fills.

The tuition is \$25/course; \$20/member/course. Seating is limited. Call to register. \$125/for all sessions for non-members; \$100 sessions for members for all six. (Non-refundable.)

Classes are at The Maridon Museum, 5:30-7:00 p.m. every Wednesday for 6 weeks, beginning on February 22, 2023.

Classes can be accessed on Zoom, but we cannot always guarantee a seamless video experience.

All tuition funds are donations to The Maridon Museum. Dr. Marshall gives her time and knowledge freely.

Maridon



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