



# MAHATMA JYOTIBA PHULE DHYANA KENDRA

SCHOOL OF BUDDHIST STUDIES & CIVILIZATION  
GATUAM BUDDHA UNIVERSITY, GREATER NOIDA

## **Bodhi Meditation Course/Programme Schedule Session on 2019-20**

Sr. No	Days/Month	Types of Course/Programmes	Time Duration	Practitioners
01	Every Monday & Thursday of the week	Bodhi Meditation course for beginners	5.00-6.00 PM	GBU Students only
02	Every Friday of a week	Advance Course on "Bodhi Meditation for Trainers"	4.00-5.00 PM	BMC Members only
03	Every 2 <sup>nd</sup> Sunday of the month	Basic Mindfulness Meditation Practices	8.00-9.00 AM	GBU Family Members
04	Every 4 <sup>th</sup> Saturday of the month	Day Workshop on "Bodhi Meditation" <b>With Sub-Theme</b> : Personality Development; Motivation; Effective Study & Student Career	2.00-5.30 PM	Open to All
05	On Festival Holidays	One Day Retreat on "Study & Practices of Buddhist Meditation"	10 am to 5.00pm	Advanced Practitioners
06	In Winter/Summer Vacations	One Day Camp on "Mindfulness Training for School Children"	10 am to 4pm	Open to school students
07	End of the Even session (May or June 2019)	Two days Retreat on "Vipassana Meditation : Theory & Practices"	Two Days	GBU Studnets

**Advance Booking Required in all programmes:  
By Online Form or Email ([bodhimeditationgbu27@gmail.com](mailto:bodhimeditationgbu27@gmail.com))**

**Coordinator  
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