

## **MNBV CLASS SCHEDULE**

JULY 25

7:45 – 8:30

8:30 – 9:15

9:15 – 10:00

10:00 – 10:45

10:45 – 11:00

CLASS 1

SITTING MEDITATION

INTRODUCTION TO MEDITATION

INTRODUCTION TO ABHIDHAMMA

INTRODUCTION TO WORD OF BUDDHA

INTRODUCTION TO THE STUDY OF PALI

AUGUST 1

7:45 – 8:30

8:30 – 9:15

9:15 – 10:00

10:00 – 10:45

10:45 – 11:00

CLASS 2

SITTING MEDITATION

DIFFERENT TYPES OF MEDITATION

THE 4FOLD ULTIMATE REALITIES &  
THE 4 CLASSES OF CONSCIOUSNESS

THE 4 NOBLE TRUTHS – THE 1<sup>ST</sup> NT

Q & A

AUGUST 8

7:45 – 8:30

8:30 – 9:15

9:15 – 10:00

10:00 - 10:45

10:45 – 11:00

CLASS 3

SITTING MEDITATION

THE FIVE HINDERENCES

SENSE- SPHERE CONSCIOUSNESS

THE 2<sup>ND</sup> & 3<sup>RD</sup> NOBLE TRUTHS

Q & A

AUGUST 15

7:45 – 8:30

8:30 – 9:15

9:15 – 10:00

10:00 – 10:45

10:45 – 11:00

CLASS 4

SITTING MEDITATION

MEDITATION POSTURE; WHY WE MEDITATE

FORM-SPHERE CONSCIOUSNESS

THE 4<sup>TH</sup> NT THE 8FOLD PATH

Q & A

AUGUST 22

7:45 – 8:30

8:30 – 10:30

CLASS 5

SITTING MEDITATION

PALI

AUGUST 29

7:45 – 8:30

8:30 – 10:30

CLASS 6

SITTING MEDITATION

PALI

SEPTEMBER 5 CLASS 6  
7:45 – 8:30 SITTING MEDITATION  
8:30 – 9:15 INTRODUCTION TO BREATH MEDITATION  
9:15 – 10:00 FORMLESS-SPHERE & SUPERMUNDANE CONS.  
10:00 – 10:45 RIGHT UNDERSTANDING  
10:45 – 11:00 Q & A

SEPTEMBER 12 CLASS 7  
7:45 – 8:30 SITTING MEDITATION  
8:30 – 9:15 THE 1<sup>ST</sup> TETRAD  
9:15 – 10:00 MENTAL FACTORS  
10:00 – 10:45 RIGHT THOUGHT  
10:45 – 11:00 Q & A

SEPTEMBER 19 CLASS 8  
7:45 – 8:30 SITTING MEDITATION  
8:30 – 9:15 THE 2<sup>ND</sup> TETRAD  
9:15 – 10:00 MATTER  
10:00 – 10:45 RIGHT SPEECH  
10:45 – 11:00 Q & A

SEPTEMBER 26 CLASS 9  
7:45 – 8:30 SITTING MEDITATION  
8:30 – 9:15 THE 3<sup>RD</sup> TETRAD  
9:15 – 10:00 CLASSIFICATION OF MATTER  
10:00 – 10:45 RIGHT ACTION & RIGHT LIVELY-HOOD  
10:45 – 11:00 Q & A

OCTOBER 3 CLASS 10  
7:45 – 8:30 SITTING MEDITATION  
8:30 – 10:30 PALI

OCTOBER 10 CLASS 11  
7:45 – 8:30 SITTING MEDITATION  
8:30 – 9:15 THE 4<sup>TH</sup> TETRAD  
9:15 – 10:00 ARISING OF MATTER  
10:00 – 10:45 RIGHT EFFORT  
10:45 – 11:00 Q & A

OCTOBER 17      CLASS 12  
7:45 – 8:30      SITTING MEDITATION  
8:30 – 9:15      THE 4 JHANAS  
9:15 – 10:00     GROUPING OF MATTER  
10:00 – 10:45    RIGHT MINDFULNESS  
10:45 – 11:00    Q & A

OCTOBER 24      NO CLASS

OCTOBER 31      CLASS 13  
7:45 – 8:30      SITTING MEDITATION  
8:30 – 9:15      CONT. THE 4 JHANAS  
9:15 – 10:00     THE ASSOCIATION & COMBINATION OF  
PSYCHIC FACT ORS  
10:00 – 10:45    RIGHT SAMADHI & THE GRADUAL PROCESS  
10:45 – 11:00    CELEBRATION – END OF SUMMER SESSION