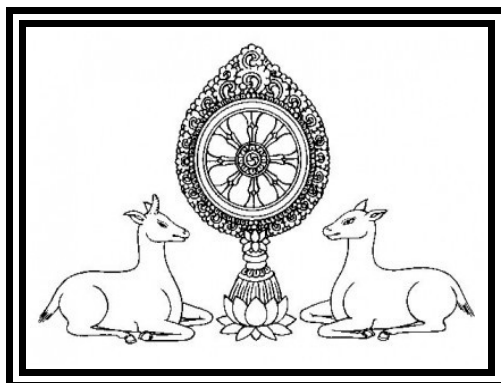


Gaden Choling Mahayana Buddhist Meditation Centre

Proudly Presents:

'The Buddhist Path of Ethics, Concentration and Wisdom'

A Course With
Chuck Damov



This special weekly course will explore the three principal paths of Buddhist liberation and enlightenment in theory, meditation and everyday life. All Buddhist traditions teach that ethics, mindful concentration and an understanding of the ultimate and relative nature of reality are the foundations of a liberating spiritual path. The format will be lecture, discussion and guided meditation. This course will run for 8 Tuesdays, beginning January 12th and ending March 2nd. Each class will run from 7-9pm. There may be some optional course materials (books) that students can buy as a group, but these are not necessary to participate in the class. Drop-ins are welcome! Suggested donations are 10\$ a class, though students, under-employed and seniors are welcomed to pay what they can. Please contact us with any questions you may have (contact info below).

Chuck Damov studied with many Tibetan masters while undertaking intensive Buddhist learning and retreats in India / Nepal for four years before settling in Vancouver, B.C. There he became a senior student at Lama Zasep Rinpoche's Zuru Ling Buddhist meditation centre. He has completed a 7 year program of Buddhist studies and for 5 years taught an introductory course in Buddhism at the college level. He has extensive experience with both Sutra and Tantric Buddhism from study and personal retreats, which has allowed him to develop into the wonderful teacher he is today. His teaching style is gentle, thoughtful and interactive and lends itself to relating to students at their own level of understanding. At the request of his lama and our Spiritual Director, Zasep Rinpoche Bagsh-aa, Chuck has been teaching at various Dharma centers in North America for the last 12 years.

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