

Day of Learning

Saturdays at Hsi Lai Temple



佛光山西來寺
Fo Guang Shan Hsi Lai Temple

Fall Term – September 23 ~ December 9, 2023

Yoga Class @ Dance Studio

8:00-9:00am

Class Dates: 9/23, 9/30, 10/7, 10/14, (10/21 break), 10/28, 11/4, (11/11 break) 11/18, (11/25 break), 12/2, 12/9 (9 sessions)
Format: In-person only. Fee: \$Open donation. Pre-registration online required.

A time honored practice, yoga can help reduce stress, strengthen the body, increase flexibility, calm the mind, and improve overall health and sense of well-being. The classes will emphasize proper body alignment through physical postures, breathing, meditation, and relaxation techniques. This class is appropriate for all levels. No experience needed.

Buddhist Meditation Class @ Meditation Hall

9:20-10:50am

Class Dates: 9/23, 9/30, 10/7, 10/14, (10/21 break), 10/28, 11/4, (11/11 break) 11/18, (11/25 break), 12/2, 12/9 (9 sessions)
Format: In-person, Zoom, or Google Classroom Recording. Fee: \$Open donation. Pre-registration online required.

The core of this practice is centered on traditional seated meditation through which we will practice mental clarity and concentration, inspired by Buddhist wisdom. Each session will also include Chan exercises which help loosen and invigorate our bodies. In this way, we will start to bring mindfulness to all our actions in life, both on and off the cushion.

English Buddhist Service @ Pagoda

11:00am-12:00pm

Service Dates: 9/23, 9/30, 10/7, 10/14, (10/21 break), 10/28, 11/4, (11/11 break) 11/18, (11/25 break), 12/2, 12/9
Format: In-person only. Free event. No registration needed.

Adapted for the English speaker, this service utilizes various practices such as chanting, prostrations, walking and sitting meditation, and a short Dharma talk. Come experience a traditional Chinese Buddhist service in an accessible language. A brief introduction is provided beforehand to guide those unfamiliar with liturgical etiquette and the structure of the service. We welcome you, along with your family and friends, to join us to chant and hear the Buddha's teachings.

Core Teachings: For All Living Beings

1:00-2:00pm

Class Dates: 9/23, 9/30, 10/7, 10/14, (10/21 break), 10/28, 11/4, (11/11 break) 11/18, (11/25 break), 12/2, 12/9 (9 sessions)
Format: In-person, Zoom, or Google Classroom Recording. Fee: \$Open donation. Pre-registration online required.

This course is a guided tour of the most essential aspects of Buddhist wisdom and how they can be applied in our own lives and practice. Core Teachings introduces foundational Buddhist concepts. Practical and straightforward, this is a course for both newly committed Buddhists and those who are interested in exploring Buddhism. This is a great starting point for those coming to Buddhism for the first time.

(Though not required, "For All Living Beings: A Guide to Buddhist Practice" by Venerable Master Hsing Yun, published by Buddha's Light Publications, is a good book to have for this course or if you are new to Buddhism.)

Buddhist Chanting Class

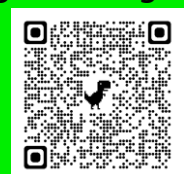
2:00-3:00pm

Class Dates: 9/23, 9/30, 10/7, 10/14 (preliminary 4 sessions)
Format: In-person only. Pre-registration online required. Ages 16 and over.

This class teaches various procedures such as Buddhist chanting, how to properly play Dharma instruments, as well as how to be a Shrine Attendant.

No experience needed, but a willingness to learn is and commitment is paramount!

Chanting Class Registration



Please check our events online at www.hsilai.org

626.961.9697 ext. 5120 | outreach@ibps.org | 3456 Glenmark Drive, Hacienda Heights, CA 91745

Humanistic Buddhism: Keys to Living Well

Saturdays
3:00-4:00pm

Class Dates: 9/23, 9/30, (10/7, 10/14, 10/21 break), 10/28, 11/4, (11/11 break) 11/18, 11/25, 12/2, 12/9 (8 sessions)

Format: In-person @ San Diego Hsi Fang Temple, Zoom, or Google Classroom Recording. **Fee:** \$Open donation. Pre-registration online required.

This course will address moral, spiritual and social questions that are central to our day-to-day existence. Whether it is a matter of cherishing our good fortune with humility or cultivating tolerance for others, we will learn what our Venerable Master has taught for us to live well.

History of Buddhist Philosophy: The Development of Buddhist Schools from India to the Present I

Sundays
1:00-2:00pm

Class Dates: 9/24, 10/1, 10/8, 10/15, 10/22, (10/29 break), 11/5, 11/12, 11/19, (11/26 break), 12/3, 12/10 (10 sessions)

Format: In-person, Zoom, or Google Classroom Recording. **Fee:** \$Open donation. Pre-registration online required.

This will be a discussion-oriented course exploring the reasoning behind developments in Buddhist thought. Students will practice asking questions (Such as "What does it mean to live in the present moment and why is it important?") and putting possible answers into words. Rather than focusing on a specific text, it will be an exercise in looking into our own minds.

Sutra Study: The Platform Sutra II

Tuesdays
6:00-6:50pm

Class Dates: 9/26, 10/3, (10/10 break), 10/17, 10/24, (10/31 break), 11/7, 11/14, 11/21, 11/28, 12/5, 12/12 (10 sessions)

Format: Zoom, or Google Classroom Recording. **Fee:** \$Open donation. Pre-registration online required.

The Platform Sutra contains the life story and teachings of the Sixth Chinese Patriarch of the Chan (Meditation) School of Buddhism. The Buddhist principles in each chapter will be illuminated as well as the rich history of Chan.

DAY OF LEARNING COURSE REGISTRATION

Please register online for all our classes, beforehand.

Regarding Format: Once registered, for courses with Zoom or Google Classroom Recording, we will email you the Zoom link to be used all term as well as email you access to add yourself to the respective Google Classroom where the recording of the weekly class will be posted. Any announcements will made via Google Classroom (and should automatically be emailed to you, so long as you are added to the class list). For In-person attendance, please try to arrive no later than 5 mins before the start of class.

Regarding Open Donation: We welcome your kind donation for our classes and general support of our work here at Hsi Lai. Please kindly bring donation to your first class and give to class monitor or teacher.

YOGA REGISTRATION:



ALL OTHER COURSE REGISTRATIONS (FOGUANG HUB):



OUTREACH DEPARTMENT ENGLISH EVENTS EMAIL LIST SIGNUP

Receive 1-2 emails per month regarding upcoming English events here at the temple including the monthly Day of Giving, classes, occasional retreats, as well as special annual events. Opt out anytime.

ENGLISH EVENTS EMAIL LIST:

