

# Dharma Teaching with Brian McLeod

## Aikido-Schule Wuppertal

### October 19. - 20. 2024

## Some Simple Principles

Saturday, October 19 : 9.00 - 15.00

Sunday, Oktober 20 : 9.00 - 15.00

Many people living in the world of work and family also want to have a meaningful contemplative life.

In this weekend workshop we will explore questions such as:

Does Buddhism have anything to say about how to lead a full and rich life?

Do I need a meditative or contemplative practice?

What is my intention for my inner life? For life in general?

What is the best use of my time?

How do I want to interact with people?

We will consider these questions, using as a resource the basic principles of the teaching of the Buddha and the basic of meditation.

### **Brian**

Brian McLeod has been studying Dharma and practicing meditation for a long time.

Classes are in clear and simple English.

He has been leading annual retreats in Wuppertal for twenty-five years.



### **Dana**

The participants are asked for a donation, within the scope of their possibilities, for the Teacher and the Dojo.

### **Ort**

Aikido-Schule Wuppertal

Bornberg 55

42109 Wuppertal

Ludger Müller: [email-ludim@me.com](mailto:email-ludim@me.com) Tel.: 017780914