



TMH Sunday International Sangha Series

11 Week ONLINE Course on The 10 Paramis/The 10 Perfections

with Kristina Baré

Every Sunday from Oct 8 - Dec 17, 2023
10 am - noon (Mountain Time)

*Registration and fees are requested by September 24th.
Please register for the whole series. If you have to miss one of
the Sundays, please mention this in your registration form.*

**Sliding scale fees for 11 sessions: \$45 - \$200
No one will be turned away for lack of funds.**

As dedicated Buddhist practitioners, we often ask ourselves how to practice outside of retreat. Outside of our formal mindfulness meditation practice, at work, and in our important relationships.

The 10 Paramis of generosity, morality, renunciation, wisdom, energy, patience, truthfulness, resolution, lovingkindness, and equanimity, offer a map for how to bring the Buddha's teachings into our daily lives. Step by step, we can cultivate these beautiful qualities of the heart-mind, in the midst of our busy lives.

In a well-known teaching, the Buddha said this path is good in the beginning, in the middle, and in the end. Cultivating the 10 Paramis, supports here-and-now wellbeing, as well as the deeper path to liberation.

In this 11 week course, we will explore the teachings of the 10 Paramis together. With the support of spiritual community, guided meditations, formal teachings and shared reflections, we will deepen our own personal relationship with each of the Paramis week by week. To support our shared learning, we are all encouraged to attend all the weekly meetings to the best of our ability.



Kristina Baré is an insight meditation teacher, therapist, and Somatic Experiencing practitioner. She has trained primarily in the Burmese lineages of Ven. Mahasi Sayadaw and Ven. Pa Auk Sayadaw. In support of the Buddha's teachings, she also draws on knowledge from western psychology and Somatic Experiencing. She invites a kind, patient, and embodied approach as a base for samadhi, loving-kindness, and insight meditation practices. Kristina is being mentored by her primary teacher Marcia Rose, as well other insight meditation teachers to teach insight retreats at Spirit Rock in California and Insight Meditation Society, Barre, MA..

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