

# HINAYANA



## PATH OF STUDY COURSES

- Introduction to Buddhism: INT 101, 102, 103, & 104
- The Path of the Noble Ones: HIN 201 & 202

## STUDY PUBLICATIONS

- Introduction to Buddhism: INT 101, 102, 103, & 104
- The Path of the Noble Ones: HIN 201 & 202



## PATH OF MEDITATION COURSES

- Beginning Meditation
- Knowing Oneself
- The Four Foundations of Mindfulness

## MEDITATION PUBLICATIONS

- Knowing Oneself
- The Four Foundations of Mindfulness



## PATH OF MINDFUL ACTIVITY COURSES

- Introduction to the Path of Mindful Activity: POMA 101

## MINDFUL ACTIVITY PUBLICATIONS

- Introduction to the Path of Mindful Activity: POMA 101



## NALANDBODHI PUBLICATIONS

- Liturgies & Holidays
- Songbook

### SHAMATHA

**9 months\***

\*based on about 1 hour per day of practice

### VIPASHYANA

**4 months\***

\*based on about 1 hour per day of practice

### MIND TRAINING

**3 months\***

\*based on about 1 hour per day of practice

### THE 4 REMINDERS & THE 4 IMMEASURABLES

**3 months\***

\*based on about 1 hour per day of practice

### NGONDRO

**1-2 YEARS\***

\*based on about 1.5-2 hours per day of practice

### MAHAMUDRA

**3 years\***

\*based on about 1 hour per day of practice

### VAJRASATTVA

**3 years\***

\*based on about 2 hours per day of practice

# MAHAYANA



## PATH OF STUDY COURSES

- Compassion Without Limit: MAH 300, 310, 311, 330, 331, & 350

## STUDY PUBLICATIONS

- Compassion Without Limit: MAH 300, 310, 311, 330, 331, & 350



## PATH OF MEDITATION COURSES

- Contemplative Meditation
- The Four Immeasurables
- Maitri Space Awareness
- Wisdom of Emotions

## MEDITATION PUBLICATIONS

- Analytical Meditation
- Progressive Stages of Meditation on Emptiness
- 37 Practices of a Bodhisattva
- Mind Training
- The Four Reminders

# VAJRAYANA



## PATH OF STUDY COURSES

- Devotion & Enlightenment: VAJ 401, 402, 403, & 404

## STUDY PUBLICATIONS

- Devotion & Enlightenment: VAJ 401, 402, 403, & 404



## MEDITATION PUBLICATIONS

- View of Devotion
- Mahamudra Ngondro & Manual
- Mahamudra Liturgies & Manuals
- Vajrasattva Sadhana & Manual



## NALANDBODHI PUBLICATIONS

- Guidebook for Practice Instruction
- Guidebook for Practice Courses