

Introduction to

Buddhism Course

March 2026 (30th Intake)

- * How much do you know about Buddhism?
- * Are you a knowledgeable Buddhist?
- * What is the essence of Buddhism?
- * Do you know how to practise Buddhism?

Course Details:

Course Date : 4th March to 6th May 2026 (10 lessons)

Frequency : Every Wednesday 7.30pm to 9.30pm

Venue : Mangala Vihara Buddhist Temple

30 Jalan Eunos, S'pore 419495 (Opposite Eunos MRT)

Course Fees : By donation

Email : Intro2buddhismbpca@gmail.com

Tel : Sis. Lynn @ 8956 0936

Instructors : By experienced Dhamma Teachers



Topics are covered in plain and simple language and include:

The Freedom of Inquiry in Buddhism, the Life of the Buddha, the 3 Characteristics of Existence, the 4 Noble Truths and the Noble 8 Fold Path, Rebirth and Karma, the Buddhist Texts, How to Practise Buddhism, the Different Buddhist Traditions, the Meaning of Common Buddhist Rituals and Chanting, Buddhist Meditation.

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