

I'm glad you will be joining us on Tuesday, February 21, 7:15 – 9:00 pm for the first class of the six-week course, *Four Foundations of Mindfulness: The Buddha's Teachings of Freedom*.

The main readings for the course will be *Satipatthana: The Direct Path to Realization* by Venerable Analayo (Windhorse Publications, 2003) and *Mindfulness: A Practical Guide to Awakening* by Joseph Goldstein (Sounds True, 2013).

I encourage you to begin reading one or both of these books for a helpful grounding in this central teaching of the Buddha on mindfulness, the *Satipatthana Sutta*, or discourse on the foundations of mindfulness.

The schedule and themes of the classes are:

Week 1 (February 21): Overview of the *Satipatthana Sutta*

Week 2: (February 28): Overview (continued) and Mindfulness of the Body

Week 3: (March 7): Mindfulness of Body (continued)

Week 4: (March 14): Mindfulness of Feelings ('Feeling Tone')

Week 5: (March 21): Mindfulness of Mind States

Week 6: (March 28): Mindfulness of Mind Objects (*dhammas*)

Our general schedule during the series will be approximately as follows:

7:15 – 7:25: Welcome and Intro

7:25 – 7:45: Meditation

7:45 – 8:25: Talk on Four Foundations of Mindfulness

8:25 – 8:45: Break-out Groups (if time permits)

8:45 – 8:55: Full group Q&A/sharing

8:55 – 9:00: At-home practices, announcements

In keeping with the teachings we'll be exploring together, the emphasis of the course will be experiential, examining how these teachings and practices relate to our lives and how they can help us live with greater freedom and ease.

I'm grateful that Glen Harrison will be managing the course and will be the main point of contact for administrative and technological issues. Please feel free to contact [me](#) if you have questions about the content, format or teachings of the course.

I very much look forward to exploring these core teachings of the Buddha together in the coming weeks.

Warmly,

Hugh Byrne