

# happiness & its causes

## Himalayan Buddhist Meditation Centre

a city centre for Buddhist study and meditation, est. 1982  
keshar mahal marg, thamel, kathmandu

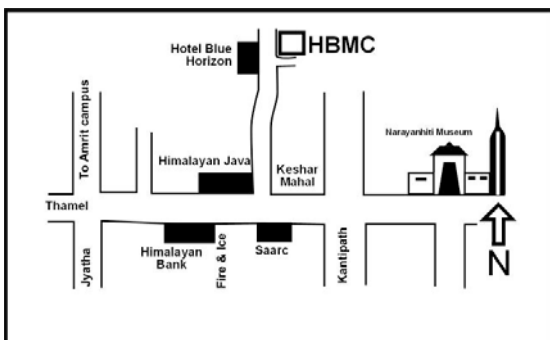
### ‘dharma in the city’

## Buddhism in a nutshell day course once a month on a sunday

8.00 am	9.00 am	awareness yoga
9.00 am	10.00 am	breakfast
10.00 am	12.00 pm	Buddhism in a nutshell 1 <sup>st</sup> lecture
12.00 pm	1.00 pm	vegetarian lunch
1.00 pm	2.00 pm	discovering Buddhism DVD
2.00 pm	2.30 pm	tea break
2.30 pm	4.30 pm	Buddhism in a nutshell 2 <sup>nd</sup> lecture
4.30 pm	5.00 pm	afternoon tea
5.00 pm	6.00 pm	mahayana, samatha & vipassana meditation

For a complete overview of Mahayana Buddhism theory and practice according to the Tibetan tradition, this one day intensive course will benefit both your mind and body.

Rs 3,000/- per person including teachings, meditation, yoga, breakfast, lunch & afternoon tea.



If you are interested in any of our activities, please visit us at HBMC, Temple Tiger Apartments, Keshar Mahal Marg, Thamel, Kathmandu, near the Garden of Dreams, or contact us on **4410402**.  
email: [hbmc.programs@gmail.com](mailto:hbmc.programs@gmail.com)  
website: [www.fpmt-hbmc.org](http://www.fpmt-hbmc.org)  
**we are open 7 days a week 8.00 am to 6.00 pm**

HBMC is proudly affiliated with the FPMT international organization, devoted to the transmission of the Mahayana values worldwide through teachings, meditation and community service. [www.fpmt.org](http://www.fpmt.org)