

## Dharma Training Class

### CLASS FORMAT

The Dharma Training Class includes periods of practice, intellectual engagement, discussion, and fellowship.

9-9:30 a.m.	<b>PRACTICE:</b> incense offering, chanting, prostrations, sitting meditation
9:30-10:30 a.m.	<b>PRESENTATION:</b> student(s) present on reading using questions above
10:30-11:00 a.m.	<b>PRACTICE:</b> walking meditation (optional bathroom break)
11:00-11:45 a.m.	<b>DISCUSSION:</b> students meet in groups of 3 to discuss assigned question
11:45-noon	<b>PRACTICE:</b> sitting meditation, offering merit
Noon	<b>SOCIAL:</b> optional lunch (bring brown bag lunches and eat together at Woo Ju)