

# Introduction to Buddha and Buddhism

*Curious about Buddha?*

*Have questions about Buddhist beliefs?*



***Come learn the Basics of Buddhism!  
Free!***

**August 12, 2017**

**1:00 - 4:30pm**

At *Appalachian Dharma and Meditation Center (ADMC)*

108 W 10<sup>th</sup> Street, Johnson City, Basement

([www.dharma4et.org](http://www.dharma4et.org))

**Who was Buddha? What do Buddhists believe? Do Buddhists believe in God?**

**How do Buddhists feel about abortion? Do Buddhists have Commandments?**

First, we will cover the life of Buddha, basic laws and concepts of Buddhism, a bit about the different traditions and definitions of some Buddhist terms. After a break, we will get further into Buddhism by talking about the Four Noble Truths and the Eightfold Noble Path. If there is time and interest at the end of the day, participants can get instruction in basic Buddhist meditation.

## **Facilitator**

**Jody Palm** will facilitate the class. Jody practices Tibetan Buddhism and has been meditating for more than 30 years. She is a founding member of ADMC, and also teaches a *How to Meditate* class at ADMC.