

[Online Buddhist Teachings & Discourses](#)



Sera Jey Culture Buddhist Center
Online Weekend Buddhist Session
Time: 11:00-12:30 pm (EDT)
Online Weekend introductory Buddhist session is jointly organized by
Sera Jey Culture Buddhist Center and Sera Jey English Translation
Section, Sera Jey Modern Education Department.



Sessions	Date	Topic
1	7-20-2018	Life story of Buddha
2	7-27-2018	Introduction to Meditation
3	8-4-2018	Object of Refuge (Three Jewels)
4	8-11-2018	Seven-Limb Prayer
5	8-18-2018	Four Noble Truths
6	9-1-2018	Interdependence (Pratityasamutpada)



Kanden Gyatso
School: Sera Jey Secondary
School
Buddhist Class:
Dharmas
Interpreter: English and
Science
Teaching: Physics and Math



Lobsang Phuntok
School: Sera Jey Secondary
School
Buddhist Class: Vinaya,
Interpreter: English and
Science
Teaching: Physics and
Math

Sera Jey Buddhist Culture Center will organize online Buddhist Teachings & Discourses to Tibetan youths on Saturdays, commencing from the coming Saturday July 20, 2018. The teachings and Discourses will be in Tibetan and English, to help every individual the right medium for a better understanding. The center is organizing this program in collaboration with Sera Jey Modern Education Department of Sera jey Monastic University in India.

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in English [JPEG](#) [PDF](#)