

Courses and Workshops - Vassa 2019

SBS MONK TRAINING CENTRE



Subject	Description of course/workshop	Duration (date, day, time, place)	Conducted by	SIGN UP HERE
Nonviolent Communication	<p>Once a well-practiced senior monk said to me, "Someone who speaks little should be a good communicator." It seems that skillful communication and conflict resolution don't necessarily come to us naturally and effortlessly. Still they can be learned and practiced. Applying the principles of Nonviolent Communication (NVC) can greatly contribute to mutual understanding and compassionate conflict resolution and is supportive to authentic harmony and healthy relationships in the community. The principles are simple and easy to learn. Further practice will help us to effectively apply these guidelines in real life situations.</p> <p>Framework:</p> <ul style="list-style-type: none"> ◆ Introduction to the principles of Nonviolent Communication. ◆ Learning NVC techniques ◆ Developing mindfulness and the right attitude for the use of NVC ◆ Training in successful application (role plays working through real life or imaginary scenarios). 	July 31 – Oct 9 th Wednesday 12.30 – 3pm Library	Āyasmā Saṅgāmaji	
23 Types of Walking Meditation	<p><i>"Bhikkhus, there are these five benefits of walking meditation. What five? One becomes capable of journeys; one becomes capable of striving; one becomes healthy; what one has eaten, drunk, consumed, and tasted is properly digested; the concentration attained through walking meditation is long lasting."</i> (AN 5.29)</p> <p>Over the years I came across a variety of different walking meditation methods; each with slightly different benefits and purposes. This series of practices is meant as a crash course to learn 23 of them (one method a day); once familiar with all of them, those which seem most beneficial may eventually become part of one's regular repertoire of (walking) meditation tools/skills.</p>	Aug 12 – Sep 13 th Mon – Fri 10.15 – 10.20am Sālā	Āyasmā Ariyadhammika	

<p>Pāli Pronunciation</p>	<p>Knowledge of Pāli and being able to pronounce it accurately are two entirely different ballgames, which is why even renowned Pāli scholars can have weaknesses in Pāli pronunciation.</p> <p>For a Theravāda monk, good Pāli pronunciation is beneficial so as</p> <ul style="list-style-type: none"> a) to be able to recite in synchrony and harmony with others, b) to be understood when reading a passage to others, c) to recite the Pātimokkha in a way that can be understood by others, d) to perform legal acts of Vinaya (kammavācā) in a way that is fit to stand and unable to be contested even by the most orthodox of Theravādins. <p>While initially exploring the theory behind Pāli pronunciation and identifying the differences between Thai, Burmese and Sri Lankan styles, this course will mainly focus on practice, whereby the teacher as well as participants will help to distinguish and identify clear and unclear ways of pronunciation, point out suggestions for improvement, and practice together.</p> <p>The second part of the course will serve as a compliment for learning to recite the Pātimokkha by heart or reading, which participants of this course may reasonably aspire to achieve towards the end of vassa. A Pātimokkha chanter is an asset to whatever Saṅgha he abides in, which can be a support for wellbeing and confidence in one's holy life.</p>	<p>Part I: Aug 5 – 18th Mon – Fri 4.30 – 5.15pm Classroom</p> <p>Part II: Aug 19 – Oct 11th Mon 4.30 – 5.15pm Classroom</p>	<p>Āyasmā Ariyadhammika</p>	
<p>An Introduction to Pāli Language</p>	<p>Pāli language is used to preserve a complete canon since the 3rd century B.C.E. This course will enhance our understanding of the Buddha-dhamma by means of a step-to-step guidance provided by an experienced Pāli teacher.</p> <p>It is intended for those who wish to understand the content from the Pāli canon, rather than those who wish to read, write and recite the suttas. A selected significant passages from the Pāli canon will be analysed and explained in the class.</p> <p>The students are expected to be able to understand their religious and philosophical significance in context.</p>	<p>Part I: Aug 28 – Sep 1st 9.30 – 11.30am 3.00 – 5.30pm 7.30 – 9.00pm Classroom</p> <p>Part II: Sep 28 – Oct 2nd 9.30 – 11.30am 3.00 – 5.30pm 7.30 – 9.00pm Classroom</p>	<p>Āyasmā Dhammapāla</p>	
<p>QiGong</p>	<p>QiGong is a holistic system of coordinated body-posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training. Qigong practice typically involves moving meditation, coordinating slow-flowing movement, deep rhythmic breathing, and a calm meditative state of mind.</p>	<p>Aug 1 – 30th Mon – Fri 2.15 – 2.45pm Sālā</p>	<p>Āyasmā Candana</p>	