

Foundations of Abhidhamma: A Guided Reading Circle

ENGLISH MEDIUM

An introductory study group for anyone interested in learning the foundations of the Abhidhamma.

All are welcome – whether you are completely new to the teachings or looking to deepen your understanding.

GUIDED BY
ATULANĀNA THERO

Study Abhidhamma together through guided reading and discussion.

<p>ONLINE VIA ZOOM</p> <p>Join from anywhere in the world.</p>	<p>MONTHLY SESSIONS</p> <p>Held on a monthly basis.</p>	<p>THROUGH GOOGLE CLASSROOM</p> <p>All materials, announcements and activities are shared and organised through Google Classroom.</p>	<p>THINGS TO DO & PRACTICE</p> <p>Engaging activities and reflections via Google Classroom.</p>	<p>LEARN, REFLECT AND GROW TOGETHER</p> <p>Explore the Dhamma in a supportive and friendly community.</p>
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REGISTER YOUR INTEREST

This form is an Expression of Interest (EOI) and will help us finalise a suitable time for the lessons.

Foundations of Abhidhamma: Guided Reading Group

A guided monthly Abhidhamma reading program led by Venerable Atulañāṇa Thero (Sri Lanka), designed for students who wish to build a clear and systematic foundation in Abhidhamma through guided self-study and monthly discussion sessions.

Students will:

- * receive structured study materials through Google Classroom,
- * study independently throughout the month,
- * then join a monthly Zoom session for explanation, discussion, questions, and guidance for the next month's readings.

Bhante was ordained in the Sri Lankan Forest Tradition in 2014, trained extensively in the Pāli Canon and commentaries in Sri Lanka, spent five years in Myanmar specialising in Abhidhamma, holds a Master's degree in Pāli from the University of Kelaniya, and has authored several Abhidhamma books in Sinhalese.

Conducted in English. All are welcome.

Please share this flyer with family and friends who may be interested.

Join the WhatsApp group for details:

https://chat.whatsapp.com/DrIvp0Dkaqt5C1W6RNwEqY?mode=gi_t