



*A Buddhist View of Death
with Andrew Holecek, PhD*

SCHEDULE (All timing is in Eastern Standard Time)

7:00 - 8:00 PM

Overview, explication and practices of Buddhist view of Death
(Didactic/Powerpoint)

8:00 - 8:30 PM

Experiential meditation sessions in group

8:30 - 8:45 PM

Experiential exercises in dyads

8:45 - 9:00 PM

Q&A

LEARNING OBJECTIVES:

Following the webinar, participants will be able to:

- 1) Explain Buddhists concept of “Die before you die”
- 2) Conduct contemplations and meditations to prepare others to die
- 3) Apply basic concepts on Buddhist principle of Supreme Contemplation as a practice meant to bring participants more fully into life