



Gregory Maloof

## The Noble Eightfold Path:

Putting the Buddha's Path to Happiness into Practice



Christine Howard Gieben

"We say that the path is the most important element in the Buddha's teaching because the path is what makes the Dhamma available to us as a living experience. Without the path the Dhamma would just be a shell, a collection of doctrines without inner life. Without the path, full deliverance from suffering would become a mere dream. "

Bhikkhu Bodhi

*Please join us for a 10-week class in which we will explore each fold of the Eightfold Path and its application to daily life, through: Dharma talks, group discussion, weekly reflections, and group meditation. To orient us on this journey, we will also be reading [Eight Mindful Steps to Happiness](#) by Bhante Gunaratana.*

*The Noble Eightfold Path is the fourth of the Buddha's Four Noble Truths and is described by the Buddha as the way to the cessation of suffering and the blossoming of self-awakening. The Eightfold Path is often said to contain a summary of all the instructions and essential elements of the path to realization.*

**Class will be held on Wednesdays for 8 weeks**

**Dates: 10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/29,  
(with a half-day retreat on Sat. 11/4)**

**Time: 7:00 pm - 8:30 pm**

**Requested Donation:  
\$200 (No one is turned away from the class for lack of funds.)**

**[REGISTER HERE!](#)**