

Festivals & Solstice Day Retreat

Lotus Family Festival Weekend 25-26 Sept

Two day retreats celebrating meditation, love, compassion and transformation through the figures of the Buddha Amitabha (on Saturday) and Padmasambhava (on Sunday). Both are members of the 'Lotus Family' who are important archetypes in the Triratna Buddhist Community. See website for details.

No charge, suggested donation £15/day. No booking req

Sangha Day Festival Sun 21 Nov

Celebrating the spiritual community here in Bristol, across the world and throughout history and imagination. A day of meditation, talks, workshops and more. Child friendly events in the afternoon. See website for details nearer the time.

No charge, suggested donation £15. No booking req.

Winter Solstice Day Retreat Sun 19 Dec

A day to practise together 'at the still point of the turning world' as we approach the Winter Solstice and the turning of the year. Suitable for anyone familiar with the two meditation practices.

Cost £20 (£15 conc) Booking req

Other Activities

Walking Group: holds monthly walks of about 6-7 miles on a Sunday, meeting at Queen's Square at 9.45 am to share lifts. See website for details of forthcoming walks.

Newsflash: FWBO becomes Triratna Buddhist Community

The charity which runs the Bristol Buddhist Centre used to be known as the Friends of the Western Buddhist Order (Bristol) but our whole movement changed its name on Buddha Day in May this year and we're now the Triratna ("three jewels") Buddhist Community. Just google our name to find out what it's all about or see the new book 'The Triratna Story' which tells our whole 'behind the scenes' history.

Buddhist Centre Reception & Shop

Open Monday to Saturday, 1.00 - 4.00pm

- Meditation cushions
- Yoga equipment
- Buddhist books
- Greetings cards
- Incense
- Tibetan singing bowls
- Buddha statues and images



Yoga

Yoga is a way of exercising the body and mind through stretching and relaxing and can be a great preparation for meditation. It can also help us to handle stress more easily.

All classes cost £7 (£5 conc), or £65 for 10 classes

Drop-in classes Suitable for those new to yoga and those with some experience. No booking needed, drop-in any week. Please arrive in good time for the start of the class.

Tues morning 10.30 am - 12 noon

Tues evening 6.00 - 7.30 pm

Wed evening 6.00 - 7.30 pm

Thurs morning 10.30 am - 12 noon

Thurs evening 6.00 - 7.30 pm

Improvers' Drop-in Class Suitable for those with at least two years' recent experience of Iyengar yoga and who can do shoulder stand.

Mon evening 5.45 - 7.15 pm

Charges for Classes, Courses etc

Our charges reflect our genuine costs in running and administering a large public building. However, we want to make our events available to all who are interested. Please contact us if you need to negotiate a concession. We always appreciate offers of volunteer help, so if you can't afford the full amount for an event, you can also contribute in this way.

Supporting us to spread the Dharma

Bristol Buddhist Centre is a charity and more than 25 members of the Triratna Buddhist Order give their time for free to teach here. However, we still have substantial costs and we're keen to offer classes at affordable prices in order to make the Buddha's teachings available to as many people as possible. Some people are choosing to help us in this by setting up a regular standing order (eligible for tax relief) and this is a vital support for our work. If you would like to help us in this way, please email us on info@bristol-buddhist-centre.org and we can send you a form.

Data Protection Act: *If you receive this programme through the post, or if we sent you an email message with details of how to download it, then we have your contact details stored on our computer. Please let us know if you object to this.*

We can save costs and paper by sending these programmes out via email. Please tell us your email address if you'd like us to do this.

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Tel 0117 924 9991

info@bristol-buddhist-centre.org

www.bristol-buddhist-centre.org

Sept 11 Open Day 10 am - 5 pm

How to live with suffering & the unthinkable was at the heart of the Buddha's quest. 9/11 was a shocking contemporary manifestation of the unthinkable. Our open day offers a chance to try out for free the practices the Buddha taught, to dedicate an hour (or a day) to transformation. Inside, we'll focus on practice, outside will be tea, stalls and much more besides. See website for details. All welcome no charge.

Beginners' Drop-in Classes

Meditation

Lunchtimes: Tues and Thurs 1 - 2 pm

Evening: Tues 7.30 - 10 pm

Suitable for beginners and those with some experience, these weekly classes will help you develop a regular meditation practice with others as well as encouraging your practice at home. Tues evening class includes an optional short talk/discussion on some basic teachings of Buddhism in the second part of the evening, after a tea break.

Suggested donation £5 (£3 conc) (lunchtime)

Suggested donation £7 (£5 conc) (evening)

No booking required, drop-in any week

Saturday Morning Meditation Drop-in

10 am - 1 pm on the 2 Saturday of most months

14 Aug, 11 Sept (open day), 13 Nov & 11 Dec

This class is a great way to try out meditation for the first time, or to support your practice if you're already coming to another class.

Suggested donation £12 (£8 conc) No booking req

Regulars' Drop-in Classes

Mon 7.30 - 10 pm

Our "Friends' Class" is *open to anyone who has learned the two main meditation practices*. We sit in meditation for about 40 minutes - there are bells for the stages but no instruction. After a tea break we usually have a talk or discussion - the theme for the second half of Monday evenings, and the programme of activities is on our website. Do join us!

Suggested donation £7 (£5 conc) No booking req

Practice Sessions

Friday Evenings every week

Sitting and walking meditation, chanting, reading from Buddhist texts, and puja (devotional ceremony).

Suitable for those familiar with the two main meditation practices. (See web for occasional Sun practice mornings & day retreats.)

Fri 7.30 - 10 pm Suggested donation £5 (£3 conc)

Weekend Events at the Centre

Communication, Play, Buddhism! with Jayaraja

Sat 4 Sept, 9.30 for 10 am start - 5 pm.

It all connects - come and find out how! Jayaraja (of Buddhafield Festival fame), drawing on his experience in Gestalt Therapy, NVC, play and Buddhism, will facilitate this day. A great way to get to know yourself and explore going out of your comfort zone in a safe way.

Cost: £53 (just you) £44 ea (you + 1 friend), £35 ea (you + 2 friends) Booking req

Yoga & Meditation Day with Jeanette

(from Buddhafield) & Amaladevi

Sat 16 Oct 11.00 am - 6.00 pm

A return visit from Scaravelli-inspired yoga teacher Jeanette Karlsson to run a day with experienced meditator Amaladevi. *Suitable for beginners and those with experience*, the day brings these complementary practices together in a way which is creative and fun as participants in Jeanette & Amaladevi's successful day in February will testify.

Cost £40 (£30 conc) Booking req

Danceitation Day with Meditation DJ Jayagita

Sun 17 Oct - 10 am to 4.30pm

Where 5 Rhythms and Ecstatic Dance meet in the heart of ancient Buddhist meditations - new portals to sacred pathways of the heart in free-form dance hot from Buddhafield Festival!

All dancers/meditators are warmly invited - no previous meditation or dance experience necessary.

Cost £30 (£20 conc) (Bookings close 8 Oct 2010)

Meditation day with visiting teacher Vajradaka:

Keeping the initiative & entering the spirit of

meditation Sat 30 Oct 10 am - 5 pm

During the day we will explore: how to keep your meditation fresh, skills for going deeper, how to optimise your strengths in meditation and a practical framework for approaching meditation.

This workshop is led by the very experienced meditation teacher Vajradaka who lived at Vajraloka for 21 years. He is known for being able to communicate the spirit and working ground of meditation in way which is helpful, engaging and enjoyable. Suitable for those familiar with the two basic practices.

Cost £30 (£20 conc) Booking req.

Courses

Introduction to Meditation - 6-week courses

15 Sep - 20 Oct or 3 Nov - 8 Dec 7.30 - 10.00 pm

Meditation can bring us home to ourselves. We can learn to relax into the way things are and how to access the inner spaciousness, stillness and positivity that are always there in potential. Our six week introductory courses provide a grounding in all the basics you need to begin to develop an effective meditation practice. *No previous experience required.*

Cost £60 (£40 conc) Booking req

Dharma Foundation Course:

Our Dharma Foundation Course is an exciting new development which brings together a complete overview of the Buddhist path in five linked courses over a year. It's fine to join for any module you don't have to begin with the first one.

Module 4: Wisdom The 3rd stage of the 3-fold way, 'wisdom' is all about the teachings the Buddha used to try and share his experience of enlightenment. Profound and sometimes paradoxical, Buddhist wisdom is always cultivated on the basis of a sound practice of ethics and meditation. **Thur 16 Sept - 21 Oct Cost £60 (Conc available)**

Module 5: The Triratna Community, the Buddhist tradition, ritual & devotion

The final module of the Foundation Course explores the Triratna Buddhist Community (see back page!) in the context of the Buddhist tradition. It also explores ritual and devotion, its meaning and purpose, together with introducing the key devotional practices of Triratna.

Thurs 4 Nov - 16 Dec Cost £70 (Conc available)

All the study materials for the Dharma Foundation Course are available free on-line. Google 'Free Buddhist Audio' then click 'study', then 'foundation'. **Booking required for both courses.**

Retreats

Sangha Weekend Meditation Retreat 8-10 Oct

Go deeper in your practice alongside Sangha friends.

Beginners' Weekend Retreat 29-31 Oct

A great way to take your practice further in more supportive conditions away from the hurly burly of the city.

Urban Retreat "Sangha as Insight Practice" 6-20 Nov

It *looks* like you're just living your everyday life, but actually you're deeply engaged in the alchemy of transformation that can happen when we practise more intensively together.

See our website for more details of all these retreats.