

## Festivals

**Buddha Day (Wesak)** *The main festival in the Buddhist calendar celebrating the Buddha's enlightenment.*

**Sunday 10th May, 10.00 am - 5.00 pm.**

**No booking required. Donations welcome.**

**Dharma Day Festival** *Commemorates the first teachings of the Buddha. See website for updates and details.*

**SATURDAY 11th July, 10.00 am - 5.00 pm.**

**No booking required. Donations welcome.**

Both festivals suitable for anyone who's learnt the two main meditation practices

## Other groups

### South Bristol Buddhist Meditation Activities

#### Drop-in Buddhist Meditation Class, Thursdays

**7.00 - 9.15pm (term-time only). Cost £5 waged (£3 low wage).**

Suitable for those who are able to meditate. Classes are now held at The Off-Centre Art Gallery, Cotswold Rd, near Bedminster Station.

We also run beginners' courses twice a year, plus urban retreats, country retreats and countryside walking meditation.

See [www.south-bristol-buddhist-meditation.org.uk](http://www.south-bristol-buddhist-meditation.org.uk)

for new venue map and details, or phone **07957 340689**

or e-mail [enquiries@south-bristol-buddhist-meditation.org.uk](mailto:enquiries@south-bristol-buddhist-meditation.org.uk)

#### Walking Group

The next Sunday walks are on **26th April, 17th May, 14th June, 12th July and 9th Aug.** We normally meet at **Queen Square at 9.45am** to arrange lift sharing and directions to the starting point. We return to Bristol by 6pm, usually a bit earlier.

Contact the centre or see the website for more details.

## 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. With practice, we learn to handle stress more easily, improve flexibility and generally broaden our awareness.*

**Drop-in Classes** Suitable for those new to yoga and for those with some experience. No booking needed, drop-in any week. Please arrive in good time for the start of the class. **Cost £7/£5, or £60 for 10 classes.**

**Tuesdays 10.30am - 12.00pm**

**Tuesdays 6.00 - 7.30pm**

**Wednesdays 6.00 - 7.30pm**

**Thursdays 10.30am - 12.00pm**

**Thursdays 6.00 - 7.30pm**

**Improvers' Drop-in Class** Suitable for those with at least one year's experience of yoga and who can do shoulderstand.

**Mon 5.45 - 7.15pm. Cost £7/£5, or £60 for 10 classes.**

## Charges for Classes and Courses

Our charges reflect our genuine costs in running and administrating a large public building. However, we want to make our events available to all those who are interested. Please contact us if you need to negotiate a concession. It's helpful if you are able to give some time by volunteering at the centre. (We need help with cleaning, gardening, maintenance, etc.)

**Data Protection Act:** *If you receive this programme through the post, or if we sent you an e-mail 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 e-mail. Please tell us your e-mail address if you'd like us to do this.



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Bristol Buddhist Centre

# What's on?

at the Bristol Buddhist Centre

Summer 2009

Yoga

Retreats

Buddhism

Meditation

Arts events

Courses

Shop

## Meditation Taster Mornings

A basic introduction to meditation for complete beginners – and an opportunity to try out meditation before signing up for a course.

All welcome. **Donations invited. No booking needed.**

**Sunday 19th April, 10.00am - 12.30pm**

**Sunday 31st May, 10.00am - 12.30pm**

## Beginners' Drop-in Classes

**Meditation** 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. **No booking needed, drop-in any week.**

**Lunchtimes:** Tuesdays and Thursdays 1.00 - 2.00pm.

**Suggested donation £3.**

**Evening:** Tuesdays 7.30 - 10.00pm

**Suggested donation £6/£4.**

This Tuesday evening class includes an optional short talk and discussion on some of the basic teachings of Buddhism in the second part of the evening, after a tea break

## NEW Meditation Going-Deeper Drop-in

Suitable for those who've learnt the Mindfulness of Breathing and Metta Bhavana and have been practising for a few months or more. This weekly class (running in June and July 2009 only) will use short talks, led practice and Q & A sessions to help you to take your practice deeper.

**Wednesdays 3<sup>rd</sup> June – 8<sup>th</sup> July 7.30 – 10.00pm.**

**Suggested donation £6/4. No booking required.**

## Regulars' Drop-in Classes

Our Monday night "Friends' Class" is open to anyone who has learned the Mindfulness of Breathing & Metta Bhavana. We gather at 7.30 and usually begin with chanting together - most often the Refuges & 5 Precepts in Pali and English. If you're new to the class - and chanting - and would prefer just to sit and listen, that's fine! (Let us know if you'd like to talk through the devotional side of practice, if it's new to you.) Then we sit in meditation (alternating Mindfulness one week, Metta the next) for about 40 minutes. There are bells for the stages, but the meditations are not led through. A tea break follows and the second part of the evening most often consists of a talk or discussion - the theme for the second half of Monday evenings, and the programme of activities is outlined on our website. We do hope you can join us! **No booking required.**

**Mondays 7.30 - 10.00pm. Suggested donation £6/£4.**

## Weekend Workshop

### Personal Mandala Workshop with Sagaravajra

*"To discover that within myself which I must obey, to gain some awareness of the law which operates in the organic world of the internal world, to feel this internal world as an organic whole working out its own destiny according to some secret vital principle.....this is to possess one's self indeed, and it is not easy either to do or to explain."* John Middleton Murry

Exploring these themes, in a playful way we will be creating a Personal Mandala, thereby undertaking a powerfully transformative journey to the centre of our being.

**Saturday 23<sup>rd</sup> & Sunday 24<sup>th</sup> May, 10.00am-5.00 pm. Cost £50.**

**Open to all. Booking Required.**

## 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.

**Fridays 7.30 - 10.00pm. Suggested donation £3.**

### Sunday mornings

**3<sup>rd</sup> May, 14<sup>th</sup> June, 26<sup>th</sup> July**

*Silent sessions of sitting and walking meditation.*

Suitable for those familiar with the two main meditation practices.

**Sundays 10.00am - 12.45pm.**

**Suggested donation £5.**

Check with the centre or the website for more details.

## Courses

### Beginners' Meditation Course

A 6-week introduction to the basics of meditation covering the Mindfulness of Breathing and the Metta Bhavana ("Cultivation of Loving Kindness") meditation practices. No previous experience necessary. **Thursdays 23<sup>rd</sup> April – 28<sup>th</sup> May. 7.30 - 10.00 pm.. Cost £54. Booking Required.**

### Basic Buddhism Course

A 6-week course exploring the "Three Jewels" of Buddhism – the Buddha, the Dharma (his teachings) and the Sangha (the spiritual community.) What does this important Buddhist symbol mean and what significance does it have for us in the modern world? Open to all. **Wednesdays 22<sup>nd</sup> April – 27<sup>th</sup> May 7.30 - 10.00 pm. Cost £54. Booking Required.**

### Exploring the "Heart Sutra"

A 6-week course exploring this sutra which contains the "heart" of Buddhist Wisdom, in all its beauty and ineffability. The course will include talks, reflection, discussion and chanting the sutra. Some knowledge of Buddhism and meditation would be useful, but is not essential. **Thursdays 4<sup>th</sup> June – 9<sup>th</sup> July 7.30 - 10.00 pm Cost £54. Booking Required.**

## Retreats

**Meditation Day Retreats** at Bristol Buddhist Centre. A quiet day of practice - "opening the heart and letting go". Led by Khemajoti. Suitable for people with experience of both meditation practices.

**Saturday 25<sup>th</sup> April 10.00am - 5.00 pm**

**Sunday 17<sup>th</sup> May, 10.00 am - 5.00 pm.**

**Cost £15. Booking required.**

**Men's Weekend Retreat** at Paddington Farm Glastonbury. A great opportunity to come together and practise with other men in the Sangha. Like last year, this will be a combined Bristol and Cardiff retreat, co-lead by Sacchanama and Pramudita.

*Suitable for any men familiar with both meditation practices and puja.*

**Friday 26<sup>th</sup> to Sunday 28<sup>th</sup> June.**

**Cost £80 (£50 concessions). Booking required.**



### International Urban Retreat

You're warmly invited to take part in the 1st ever International Urban Retreat. On an 'urban retreat' you carry on living and working in your normal circumstances, but during this week, link-up with other people at your Centre and help each other to practise more intensively. The urban retreat shows how you can create positive states of mind in the midst of everyday life. The week starts and ends with a day set aside for retreat here at the Buddhist Centre on Saturdays 20<sup>th</sup> and 27<sup>th</sup> June. These will help and encourage you to set up the conditions you'll need to take your practice deeper. Urban Retreats will be happening simultaneously across the world– see [www.theurbanretreat.org](http://www.theurbanretreat.org) for details and contact us for details of how to join the Urban Retreat here. Take part on-line if you can't get to a Centre! **Saturday 20<sup>th</sup> June - Saturday 27<sup>th</sup> June 2009 Cost t.b.a.**