

Festivals

Buddha Day (Wesak) Festival

8 am - 5 pm, Sun 23 May

Wesak, or Buddha Day, is the major Buddhist festival of the year when we celebrate the Buddha's enlightenment. Do join us to celebrate activities for children in the afternoon. See web for details. **Suggested donation £15.**

Dharma Day Festival

10 am - 5 pm Sun 25 July

Dharma Day is the second of the major Buddhist festivals. We remember and celebrate the occasion when the Buddha first taught the Dharma.

See web for details. **Suggested donation £15.**

Other Activities

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

South Bristol Meditation Activities

Drop-in Buddhist Meditation Class, Thursdays, 7.00 - 9.15pm (Term-time only). Cost £5 waged (£3 low/un-waged). Suitable for those who are able to meditate. Classes held at The Off-Centre Art Gallery, Cotswold Road, near Bedminster Station. See www.south-bristol-meditation.org.uk for details and other activities, or phone 07957 340689 or email enquiries@south-bristol-meditation.co.uk

Compassion in the Kitchen Retreat

Achintya, Jane Easton and Brigit Muller are running another residential Compassion in the Kitchen ethical-eating weekend at Anybody's Barn May 14/15/16 2010. See www.compassion-in-the-kitchen.org.uk for details and online booking or ring 07957 340689.

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 one year's experience of 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 Western 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.*

Bristol Buddhist Centre, 162 Gloucester Road, Bishopston, Bristol BS7 8NT

Tel 0117 924 9991

info@bristol-buddhist-centre.org

www.bristol-buddhist-centre.org

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



Programme Summer 2010

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 2nd Saturday of every month

10 Apr, 8 May, 12 June and 10 July

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.)

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

Weekend Events at the Centre

Exploring our System of Meditation

10 am - 5 pm, Sat 17 April A day retreat With Tejananda from Vajraloka Meditation Retreat Centre

The practices we do aren't chosen at random but flow together to mirror and support the way our minds naturally develop towards awakening. Tejananda has been practising and teaching meditation since the 1980s and is an excellent guide, who can take

us deeper into unfolding the potential of the mindfulness of breathing and metta bhavana meditations, as well as introducing reflections on the nature of reality. *Suitable for anyone who's been practising the two meditations with us for a year or more* though if you're keen to take part anyway, do give us a call to discuss if this might be possible.

Cost £30 (£20 conc) Booking req

Yoga & Meditation Day with Jeanette (from Buddhafield) & Amaladevi

11.00 am - 6.00 pm Sun 16 May

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

Courses

Introduction to Meditation 6-week courses

7.30 - 10.00 pm Wed 21 Apr 26 May or 9 Jun to 14 Jul

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. Learning in the company of others from experienced meditators is the best way to start. 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:

Module Two: Ethics

7.30 - 10.00 pm, Thur 22 Apr - 27 May (6 weeks)

Module Three: Meditation

7.30 - 10 pm, Thur 10 Jun - 15 July. (6 weeks)

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. With all course materials available for free download from the web, it's easy to join at any module, to focus on what particularly interests you or to take the journey of the entire course in the company of others. It's fine to start with any module you don't have to begin with the first one.

Second module, Ethics: Find out what ethical practice really is and why it's an indispensable foundation for peace, happiness and an effective meditation practice.

Third module, Meditation: Explore why we do the meditation practices we do and how to take them deeper.

Module Four: Wisdom and Module Five: FWBO and The Buddhist Tradition/Ritual and Devotion will run in the autumn term. *Suitable for anyone familiar with the Mindfulness of Breathing and Metta Bhavana and who wants to take their practice further.*

Cost £60 (£40 conc) Booking req

Retreats

International Retreat at Taraloka, with Buddhafield "Turning Arrows into Flowers"

Fri 28 May - Tues 1 June

Following the success of the first International Retreat at Taraloka in 2008 this child-friendly event will bring together people practising in our movement from across Europe. The positive effects of hundreds of us gathering to meditate, discuss the Dharma and practice ritual and devotion have to be experienced to be fully appreciated. For details and to book, see www.internationalretreat.fwbo.org but let us know at the Centre if you're planning to attend and if you'd like share travel.

Booking req

Cost £135, £110 (low wage) £80 (no wage) £70 (children)

Men's Weekend Retreat at Paddington Farm

Fri 25 - Sun 27 June

This joint weekend, near Glastonbury, for men from the Bristol and Cardiff Sanghas will be led by Janaka and Pramudita. A great opportunity to practise more intensively with other men in the Sangha.

Cost £100 (£65 Conc) Booking req

Women's Weekend Retreat at Anybody's Barn in the Malvern Hills, with Saddhanandi

Fri 25 - Sun 27 Jun

Saddhanandi, Chairwoman of Taraloka, will be joining Karunavapi and Satyalila to lead this mid-summer retreat for women in the Bristol Sangha exploring ways to practise.

Cost £120 (£80 conc) Booking req

Bristol Buddhist Centre is run by a community (Sangha) of westerners who have made a commitment to putting the practice of the Buddha's teachings at the heart of how we live our lives, whatever our lifestyle. We've found the teachings of the Buddha (the Dharma), as presented by our founder and teacher, Urgyen Sangharakshita, to be an effective path to overcoming suffering and we want to share that. We are part of an international movement extending to India, Australia, the US and beyond.