

Meditation & Buddhism Programme

July – December 2018



Festivals

Festivals are the most important dates in the Buddhist calendar. They provide an opportunity to gather together as Sangha and to reconnect with our highest aspirations as embodied in the Three Jewels (the Buddha, Dharma and Sangha).

Dharma Day

Held at Saccaka's in Fornsett St Peter

A day celebrating the Dharma, the teachings of the Buddha which lead us on a path of liberation.

Sun 29 July

Donations welcome

Please bring vegetarian, ideally vegan, lunch to share

Padmasambhava Day

Held at Norwich Buddhist Centre

An evening celebrating the wisdom of Padmasambhava, the lotus-born guru, as a part of Three Jewels Night.

Tues 18 Sep

Donations welcome

Sangha Day

Held at Norwich Buddhist Centre

A day celebrating the Sangha jewel, the spiritual community.

Sun 25 Nov

Donations welcome

Please bring vegetarian, ideally vegan, lunch to share

Meditation

Meditation is a powerful force for change in our lives. Through observing the breath in the Mindfulness of Breathing meditation practice, we develop and work effectively with awareness; and by learning to cultivate a mind imbued with loving kindness in the Metta Bhavana (Meditation on Loving Kindness), we can transform our experience of self and others.

Drop-In Buddhist Meditation Classes for Beginners

Suitable for people with no previous experience

Monday - Thursdays	12.15 – 1.15pm	£4/£3
Wednesday evenings	7 – 8.15pm	£5/£4
Saturdays	1.30 – 2.30pm	£4/£3

Drop-In Buddhist Meditation Classes for Regulars

Ongoing instruction for everyone familiar with our two meditation practices

Wednesdays	7 – 9pm	Meditation	£6/£5
Fridays	12.15 – 1.15pm	Meditation and Buddhism	£4/£3

Introductory Meditation Mornings (drop in)

Suitable for complete beginners. An opportunity to sample a deeper meditative atmosphere and be introduced to our two meditation practices. Just drop in, no need to book.

10am – 12 noon

Sat 6 Oct with Rijusiddha

Sat 8 Dec with Karunachitta

£7/£5

Introductory Buddhist Meditation Courses

These courses give a thorough grounding in our two meditation practices.

6 weeks £65/£50

Wednesday nights 7 – 9pm

18 July to 22 Aug – led by Viryashalin

12 Sep to 17 Oct – led by Viprasanna

31 Oct to 5 Dec – led by Satyagita

Daytime course. Tuesdays 2pm to 4pm

16 Oct to 20 Nov – led by Alokadhara

Going Deeper with Buddhist Meditation Courses

These courses are aimed both at people who have completed the introductory courses, as well as at more seasoned meditators. You can either sign up for the courses at a discounted rate or you can attend on a drop-in basis.

Wednesday nights 7 – 9pm

6 weeks £30/£26 or drop in for £6/£5 per night

18 July to 22 Aug – led by Jnanabhasa

12 Sep to 17 Oct – led by Satyadaka

31 Oct to 5 Dec – led by Sinhadakini

Buddhism

Buddhism is a tradition focusing on spiritual development that encourages awareness, kindness and wisdom. These, and other qualities such as courage and fearlessness, can be actively developed through meditation and engagement with the Buddha's teachings.

Introductory Buddhism Courses

The practical and down-to-earth teachings of Buddhism are as relevant today as they were over two thousand years ago. Come and discover how to understand and transform your heart and mind on these six-week courses of instruction, discussion and practical exercises.

6-week courses £55/£40

Thursday nights 7 – 9pm

12 July to 16 Aug – with Sujana

6 Sep to 11 Oct – with Amrta

Going Deeper with Buddhism

These courses will help you put some of the Buddha's insights, from the introductory course, into practice by enquiring into what it means to live a fully-human life.

6-week course £55/£40

Thursday nights 7 – 9pm

25 Oct to 29 Nov – with Amrta

Mentoring and Guidance for an Effective Buddhist Practice

A six week 'hands-on' course helping you to create ways of applying the Buddha's teaching to the challenges of a busy, modern life. An opportunity to explore and consolidate your personal practice with experienced Order Members. Open to those who have completed both our Introductory Buddhism and Introductory Meditation courses. Before booking, please get in touch with the Centre to register your interest. Limited number of spaces, early booking advised. **Led by Kalyanamati and Sinhadakini**

6-week course £55/£40

Tuesday nights 6.30pm (for a 7pm start) – 9pm

24 July to 4 Sep (break on 21 Aug) – with Sinhadakini & Kalyanamati

Living Buddhism Foundation Course

Our beliefs and ideas about reality have a major effect on how we live and feel. This comprehensive and in-depth one-year course will give you a thorough grounding in the key teachings and principles of Buddhism. It is also a great chance to explore Buddhism with other like-minded people. Open to those who have completed our Introductory and Going Deeper Buddhism Courses. Before booking please get in touch with the Centre to register your interest.

Led by Sarvananda, Vajraguptā and Kalyanamati

10-week term £90/£70

Monday nights 7pm – 9pm

Term three – 24 Sep to 26 Nov

New Course starting Jan 2019 (£240/£180 if pay for all 3 terms together)

Men's Buddhist Workshop – open to all men

An opportunity for men to get together to explore and practice meditation and Buddhism.

Led by Kalyanamati & team

Saturdays monthly on 28 July, 25 Aug, 29 Sep, 27 Oct, 24 Nov, 29 Dec

10am – 12 noon

Donations welcomed

Women's Dharma Workshop

A creative exploration of the dharma to deepen our practice and friendships. The group is open to all women who regularly attend the Centre.

Fridays. Arrive from 5.30pm, workshop 6 – 7.30pm.

Held monthly on: 27 July, 28 Sep, 26 Oct, 30 Nov (Not in Aug or Dec)

£5 recommended donation

Dharma Club (Monthly Buddhist Sunday School)

For children aged 4 – 11 (Children under the age of 7 must be accompanied by a parent or carer).

Encouraging and developing Mindfulness, Kindness and Joy, with Storytelling, Meditation, Art & Writing, Chanting and Buddhist Practice.

Buddhist Dharma Club is based on the Buddhist Precepts; to help our children feel held by an ethical compass they can understand and feel comfortable with.

Led by Cata Parrish & Jane Fagan

Sundays 2pm – 4pm

Held on: 22 July, 19 Aug, 16 Sep, 28 Oct, 18 Nov, 16 Dec

Donations welcomed

Wide Awake – Buddhist Meditation for Teenagers (aged 13 – 17)

Lacking energy and enthusiasm? Wonder what life's all about? Meditation didn't start with an app. The Buddha taught it 2,500 years ago. He was pretty smart at knowing why, and how, life is difficult. He also showed what to do about it. Come and check out what the Buddha had to say. The afternoon will include meditation, discussion and answering any questions you bring. No need to book – just turn up on the day.

Led by Vajragupta & Ariane

Sundays 2pm – 4pm

Held on: 17 June, 8 July (check website for further dates)

Donations welcomed

Norwich sub 35 Buddhists

Aged 16 – 35 and interested in Buddhism? Come along to meet others, meditate, and talk about meditation and Buddhist practices. All welcome; you don't need to be a Buddhist to come along.

Sundays monthly 4.30pm – 7pm

1 July, 5 Aug, 2 Sep, 7 Oct, 4 Nov, 2 Dec

Donations welcomed

Find us on Facebook

Events

Three Jewels Night

Come and join with sangha friends for our weekly puja. Puja is a recitation of verses and mantra chanting, where we remind ourselves of our potential for enlightenment. These evenings include talks, teachings and meditation to help deepen our practice. Arrive 6.30pm for the chance to socialize.

Led by Aryadhi, Bodhivajra, Sujana & Vajraguptā

Tuesday nights 7 – 9pm

Donations welcomed

Entering the Mind of the Buddha

A study day, led by Centre president, Paramabandhu, for Order Members and Mitras looking at the mind of the Buddha during the period directly after his Enlightenment before he started to teach. Contact the Centre to book a place.

Led by Paramabandhu

Sun 1 July 10am – 4pm

Donations welcome

Please bring vegetarian, ideally vegan, lunch to share

Living Awareness Meditation Days

Intensive and progressive guided meditation practice in an atmosphere of stillness and calm. Open to serious meditators with at least 6 months of regular meditation practice.

Led by Dayapanna

Sun 12 Aug 9.30am – 4pm

Sun 9 Dec 9.30am – 4pm

£30/£25/£17

Please bring vegetarian, ideally vegan, lunch to share

The Wisdom of Relaxation – a Silent Retreat Day

Most of us have a degree of tension and anxiety in our lives. It's not easy to engage with meditation and Buddhist practice when our body and mind are tense and over-stimulated. Relaxation, or letting go, is something we can learn to do. This silent retreat day will focus on entering the spaciousness of mind and body at ease. The day will include guided meditation, relaxing into sound, and plenty of silence. A silent day retreat with meditation, reflection, relaxation and exploration of the open dimension of mind.

Led by Vajraguptā

Sun 2 Sep 10am – 4pm

£30/£25/£17

Please bring vegetarian, ideally vegan, lunch to share

Touch & Mindfulness Day

This experiential day will explore the impact of touch on our mind, body and emotions. Shraddhadhi will lead us into an exploration of our relationship with touch; how it is for us to be present and embodied whilst also allowing a connection with others. The day will involve paired and group exercises and led meditations. Shraddhadhi is a Rosen Method Practitioner and Workshop teacher.

Led by Shraddhadhi

Sun 30 Sep 10am – 4pm

£30/£25/£17

Please bring vegetarian, ideally vegan, lunch to share

Satipatthana Meditation – The Direct Path to Realisation

According to the Buddha, wisdom arises in dependence upon direct seeing that the five aggregates and the six sense bases are impermanent, bound up with suffering and devoid of a substantial self. On this day we will seek to observe these truths in our own experience.

Open to those who have been meditating for at least a year.

Led by Alokadhara

Sun 21 Oct 10am – 4pm

£30/£25/£17

Please bring vegetarian, ideally vegan, lunch to share

Retreats

Going on a retreat is a great opportunity to leave behind the concerns and demands of everyday routines, providing you with time and space for meditation and reflection.

Meditation Retreat

Held at the Windmill, Burnham Overy Staithe.

For people familiar with our two meditation practices, and ideal for those who have recently completed our introductory courses. Mindfulness and metta come together on and off the cushion as we practise together as a community for the weekend, deepening our awareness of ourselves and each other as well as our experience of meditation.

Arrive Friday for a meal at 6.30pm and finish Sunday 4pm.

Led by Sinhadakini & Saroja

Fri 16 – Sun 18 Nov

£105/£85/£65

£40 non-refundable deposit to secure a place

Winter Retreat

Held at Castle Acre

For people familiar with our two meditation practices, and ideal for those who have recently completed our introductory courses.

Arrive Friday for a meal at 6.30pm and finish Sunday 4pm.

Led by Saroja, Sinhadkini & Sujana

Thurs 27 Dec – Wed 2 Jan

£105/£85/£65

£40 non-refundable deposit to secure a place

School and outreach visits

Please contact us if you would like to bring a group to the Centre or for someone to visit your school, group or workplace.

Donations welcomed

For more than forty years the Norwich Buddhist Centre has been teaching meditation, Buddhism and yoga in the heart of the city. The Centre is run by members of the Triratna Buddhist Order – making the teachings of the Buddha available and accessible in today's world.

Volunteering – can you help?

Volunteers play a vital role in running the Centre and contribute in a variety of ways depending on interests and abilities. Ask one of the team if you feel you can help.

Booking & Payments

Courses and classes are open to everyone and all charges go towards running the Centre. If you're on low income or can't afford the full amount, further concessions can be made. Ask one of our team if you'd like to know more.

Book in advance, ideally online via our website, for all events, except drop-in classes. Please make cheques payable to 'Norwich Buddhist Centre'.

Refund Policy

Please note that bookings are non transferable and refunds, minus an admin fee/deposit, are only given where cancellation is made 5 or more working days before the start date. In extenuating circumstances, we will consider refunding payments within 5 working days but this is at our discretion. In all cases we will retain an admin fee/deposit which is £10 for events/courses and £40 for retreats.

Bookshop and reception open 12 noon to 3pm Monday to Saturday

Norwich Buddhist Centre

14 Bank Street , Norwich , NR2 4SE

T: 01603 627 034

E: info@norwichbuddhistcentre.com

W: www.norwichbuddhistcentre.com