

**The One-Year Living Buddhism Foundation Course with Norwich Buddhist Centre
Starts Monday 19 January 2026**



Why join the Living Buddhism Foundation Course?

- Cultivate a beautiful life and mind
- Receive a thorough grounding in Buddhism
- Develop breakthrough insights which will transform your life
- Practice the teachings on wisdom and compassion for greater happiness and contentment
- Benefit from the support of a weekly group
- Build your own practice at home and work
- Receive mentoring and guidance from well qualified teachers
- Become wiser, more resilient and confident human beings
- Experience the transformation all this brings

Our one-year Foundation Programme is for people who wish to delve into Buddhism in a more thorough and ongoing way. The Buddha encouraged people to try his teaching for themselves and practice only what they found helpful. This is an invitation to learn more about Buddhist teachings, explore them well, understand them more deeply and try them out in one's own life. The course is suitable for people who have completed some of our Buddhism courses for beginners.

Course Outline

On the Buddhist path there are three important 'jewels'; the Buddha, the Dharma (his teachings) and the Sangha (the spiritual community that practise these teachings). In term one we will be exploring in detail these three jewels and their significance in our lives across 10 weeks.

One of the simplest descriptions of the Buddhist Path divides it into three stages: the stage of ethics; the stage of meditation; and the stage of wisdom. In term two we will be looking at the stage of ethics, term three we will explore meditation and in term four we will look at wisdom - each of these terms is 6 weeks long. In term five we will explore the importance of such things as ritual and imagination as well as practicing Buddhism within the Triratna Buddhist Movement across 7 weeks. Course materials will be supplied each term and some home reading and practice will be necessary.

Term one weekly breakdown - Going for Refuge to the Three Jewels

1. Dharma study as a Spiritual Practice
2. What is a Buddhist
3. The Buddha - The Goal of Buddhism
4. The Buddha - the Founder and his Quest
5. The Buddha - the Mythic Buddha
6. The Buddha - the Buddha we can Contact
7. The Dharma - the Basic Analysis
8. The Dharma - Many Dimensions
9. The Sangha as Means of Development
10. The Sangha as the Goal

Though the course is a year long, the course is modular. You are only asked to book and pay for one term at a time. This booking is for Term 1 and you will be invited by the course leaders to book each term as the course progresses. There are 5 terms in total. Before booking, please email info@norwichbuddhistcentre.com to register your interest and make sure it is suitable for you.