The One-Year Living Buddhism Foundation Course with Norwich Buddhist Centre

Starts Monday 18 January 2027

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
- 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

In term 1, We will begin by looking at how Dharma Study is a spiritual practice, and then spend time getting to know each other more. We will explore each of the Three Jewels that we 'Go for Refuge' to – the Buddha, the Dharma (the teachings), and the Sangha (the spiritual community who practice the Buddha's teachings).

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 2 we will be looking at the stage of ethics, term 3 we will explore meditation and in term 4 we will look at wisdom. In term 5 we will explore the Triratna Buddhist Community and its place in the Buddhist world. We conclude our year's study together through ritual and dedication, and deciding what our next steps might be. Course materials will be supplied each term and some home reading and practice will be necessary.

Term one weekly breakdown - Dharma Study and the Three Jewels

1. Dharma Reflection as a Spiritual Practice
2. Getting to Know Each Other
3. What Does it Mean to be a Buddhist?
4. The Buddha - Introducing the Buddha
5. The Buddha - The Life Story
6. The Buddha - The Mythic Buddha
7. The Dharma - The Basic Analysis
8. The Dharma - The Taste of Freedom
9. The Sangha - Stories of Friendship
10. Triratna and Sangha

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.**