

Introductory Courses

Our practical and friendly foundation courses help you explore Buddhism and meditation in depth, with experienced teachers from the Triratna Buddhist Community

Buddhism: Six Week Foundation Courses

Tuesday evenings

7.00–9.30pm

Start dates: 8th Jan, 5th Mar

£90/£65/£35*

Meditation: Six Week Foundation Courses

Wednesday evenings

7.00pm–9.30pm

Start dates: 9th Jan, 6th Mar

£90/£65/£35*

Introduction to Meditation: One Day Courses

Start Dates: Sat 12th Jan, Sat 9th Feb

10.30am–4.30pm

£50/£40/£20*

Drop-In Sessions

Drop-In Meditation Sessions

A regular one hour class for anyone who wants to try meditation, or come to a led meditation session from time to time.

Lunchtimes: Mon–Fri

1.00pm–2.00pm

£5/£3*

Evenings: Tuesday,

Wednesday & Thursday

5.45–6.45pm

£5/£3*

Going Deeper

If you want to carry on after completing a Buddhism Foundation course, we have six different Going Deeper courses taking place throughout the year, each covering a different Buddhist theme in depth, as well as further meditation practice. So, you can sign up for one course after another.

Buddhism: Six Week Going Deeper Courses

Tuesday evenings

7.00–9.30pm

£90/£65/£35*

8th Jan – Faith and Energy in the Good:
The Buddha's Five Spiritual Faculties

We will be looking at the Five Spiritual Faculties, which are a useful model for how to live with more awareness.

5th Mar – Breaking Free: The Wheel of Life

We will be looking at the Buddhist teaching of the Wheel of Life and the Spiral Path, which can be a useful guide to helping us live more creatively, breaking free from negative spirals of thought and behaviour.

*Full/Low Rates: You choose which rate fits your current financial circumstances. Please let us know if you can't afford the charges and we'll see if we can help

Tools for Living Your Life

A weekly practical and friendly introduction to Buddhism and meditation with a variety of teachers covering a theme that runs for a few weeks.

Saturdays

11.00–1.00pm

£6/£4*

MANCHESTER
BUDDHIST
CENTRE

What's On Jan–March 2019

Opening Hours:

Monday: 10.00am - 6.00pm

Tuesday - Thursday: 10am–7pm

Friday: 10am–5.30pm

Saturday: 10am–5pm

16-20 Turner Street
Northern Quarter
Manchester M4 1DZ

☎ 0161 834 9232

✉ info@manchesterbuddhistcentre.org.uk

📘 Manchester Buddhist Centre

🐦 @manbuddcentre

www.manchesterbuddhistcentre.org.uk

Events for Friends¹, Mitras² and Order Members³

Men's Gatherings

Meditation, discussion and spiritual friendship for men

Dates: Sun 27th Jan, Sun 24th Mar
10.00am–4.30pm
Free, but booking is essential

Women's Gatherings

Meditation, discussion and spiritual friendship for women

Date: Sun 17th Mar
10.00am–4.30pm
Free, but booking is essential

Clean up Tuesday

A weekly cleaning session for Centre regulars

Every Tue
12.00pm–2.00pm

Parinirvana Day Festival

We commemorate the Buddha's death. We also remember our family and friends who have died, and the inescapable truth of our own passing

Date: Sun 17th Feb
12.30pm–5.00pm
Free, just turn up and no need to book

Special Events

International Womens' Day Event

2.00pm–5.00pm
Sun 9th March
Free, everyone welcome, just turn up and no need to book
More information to follow and times may change – keep an eye on our website

Events for Mitras² training for Ordination and Order Members³

Urban Retreat for Mitras training for Ordination and Order Members

Order Members and Mitras training for Ordination are warmly invited to take part in our 2019 urban retreat. This is a non residential retreat and we will be encouraging attendees to stay with one another during this period, to encourage a sense of collective practice amongst us. More information to follow.

Starting on Thu 14th Feb and finishing on Sun 17th Feb

Events for Mitras² and Order Members³

Woman Mitras and Order Members Day with Kalyanaprabha

Kalyanaprabha visits us to lead a day of story telling, reflection, meditation and Puja based around the Therigatha, or the songs of the early Buddhist nuns

Date: Sat 5th Jan
10.00am–4.30pm
Free, but booking is essential

Dancing the Unknown – Explorations of Movement and Stillness

Find out how meditation can meet with dance. This event is suitable for anyone who has completed either a Buddhism or Meditation Foundation Course.

10.30pm–4.30pm
Sat 9th and Sun 10th March
£100/£80/£40* for the weekend

Our vision is to communicate the teachings of the Buddha to the people of Manchester, and to provide a community for those practising the Buddha's teachings.



Our deepest inspiration is the Buddha himself and his transformation into a deeply wise and compassionate being. We believe that we all have that same potential.

We are part of the worldwide Triratna Buddhist Community, founded by Sangharakshita in 1967.

Young Person's Group

A friendly informal group for people in their late teens, twenties and thirties, led by young people for young people. We are supporting one another to deepen our experience of Buddhism, through friendship, events and study. This event is suitable for anyone aged 18 to 35 who has learned the two meditation practices we teach here.

7.00pm–9.30pm
Dates: Fri 18th Jan, Fri 15th Feb, Fri 15th Mar

1: A Friend is anyone who has completed a Buddhism Going Deeper/Level 2 Course

2: A Mitra is someone who has made a formal commitment to practising Buddhism within the context of the Triratna Buddhist Community in a simple, public ceremony. Some Mitras go on to train for ordination into the Triratna Buddhist Order.

3: An Order Member is someone who is ordained into the Triratna Buddhist Order.