

Introductory Courses

Our practical and friendly foundation courses help you explore Buddhism and meditation in depth.

Buddhism: Six Week Foundation Courses

Tuesday evenings
7.00–9.30pm
Start dates: 30th April, 25th Jun
£90/£65/£35*

Meditation: Six Week Foundation Courses

Wednesday evenings
7.00pm–9.30pm
Start dates: 1st May, 26th Jun
£90/£65/£35*

Introduction to Buddhism: Introduction to Meditation: One Day Courses

Meditation: Sat 11th May, Sat 15th Jun
Buddhism: 13th April
10.30am–4.30pm
£50/£40/£20*

Led Classes

Led Meditation Classes

A regular 40 minute class for anyone who wants to try meditation, or come to a led meditation session from time to time.

Lunchtimes: Mon–Fri 1.00pm–1.40pm £5/£3*	Evenings: Tuesday, Wednesday & Thursday 6.00pm–6.40pm £5/£3*
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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*

30th April – Triratna: A New Voice: Who are the Triratna Buddhist Community?

We will be looking at the six distinctive emphasis of the Triratna Buddhist community. What makes us unique from other Buddhist traditions and allows us to jump the centuries, cross cultures, and speak directly to us here and now?

25th June – The Journey and the Guide: Triratna's System of Dharma Practice

We will be looking at the "Five Great Stages" of the spiritual life that are practiced with the Triratna Buddhist Community.

*Full/Medium/Low Rates: You choose which rate fits your current financial circumstances.

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 Apr–June 2019

Opening Hours:

Monday: 10.00am - 6.00pm
Tuesday - Thursday: 10am–7pm
Friday: 10am–5.30pm
Saturday: 10am–5pm
Sunday: Closed

16-20 Turner Street
Northern Quarter
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📘 Manchester Buddhist Centre

🐦 @manbuddcentre

www.manchesterbuddhistcentre.org.uk

Events for Friends¹, Mitras² and Order Members³

Mitra Ceremonies

We welcome new into Mitras into our community.

Date: Mon 1st Apr, 7.00pm - 9.30pm

No charge, but please donate if you can

Sangha Retreat at Adhithana: Why I am a Buddhist

Join us for our big Sangha gathering of the year.

Dates: Friday 19th April to Monday 22nd April

£150/£120/£100* for the weekend

Buddha Day Festival

A celebration of the Buddha's enlightenment.

Date: Sun 19th May, 12.30pm - 5.00pm

No charge, but please donate if you can

Just turn up and no need to book

Men's Gathering 3: Blending like Milk and Water

Meditation, discussion and spiritual friendship for men

Date: Sun 30th Jun, 10.00am - 4.30pm

No charge, but please donate if you can

Clean up Tuesday

Work as spiritual practice – a weekly cleaning session for Centre regulars with Centre Team members. If you've completed a Buddhism Foundation course, just turn up a few minutes before twelve.

Every Tuesday, 12.00pm–1.00pm

Events for Order Members³ and Mitras² Training for Ordination

Day for Women Order Members and Mitras Training For Ordination

A spacious day of spiritual friendship, study, discussion and meditation for women in training for ordination in the Triratna Buddhist Order. Women Order members are also very welcome.

Date Sun 23rd Jun

10.00am - 4.30pm

No charge, but please donate if you can

Special Events

Beauty of Mantra with Mahasukha

A day retreat of uplifting, meditative and devotional Buddhist mantra with beautiful, soulful harmonies. Open to all.

Date: Sun 2nd Jun

10.30am–4.15pm

*£50/£40/£20

*Full/Medium/Low Rates: You choose which rate fits your

What else?

Mindfulness at Work: We offer a range of options for organisations interested in bringing an approach of mindfulness and positivity to their work. You can come to us or we can come to you.

Room hire: If you're looking for a place to hold your team meeting, then our library (seats ten) and meeting room (seats nine) could be the place for you.

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 12th Apr, Fri 17th May, Fri 21st Jun

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.