

## Introductory Courses

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

### Buddhism: Six Week Foundation Course

Learn the basics of Buddhism as well as two meditation practices to help develop awareness and positivity. Starts Tues 3rd Sept, 7.00pm–9.30pm  
£90/£60/£25\*

### Meditation: Six Week Foundation Courses

Learn two Buddhist meditation practices to help you to develop awareness, concentration, friendliness and kindness. Starts Weds 4th Sept, 7.00pm - 9.30pm  
£90/£60/£25\*

### Introduction to Buddhism: One Day Course

Learn about the Buddha's message, the tools to live by it, and the basics of meditation in a friendly and structured day. Sat 14th September, 10.30am–4.30pm  
£45/£30/£25\*

*"Learning to meditate has been completely transformative. I feel much calmer"*

*"More than just a course. It is like opening a new doorway to reality and greater peace of mind"*

Past course participants

## 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\*

## Going Deeper

If you want to carry on after completing a Buddhism Foundation course, why not sign up for a six week Going Deeper course

### Buddhism: Six Week Going Deeper Course Vision and Transformation : The Buddha's Eightfold Path

Discover the eight areas the Buddha said we need to develop in order to reach enlightenment. The course also provides further instruction in meditation, with time for discussion and questions. Starts Tues 3rd Sept, 7.00pm - 9.30pm  
£90/£60/£25\*

### Going Deeper in Meditation

These events are suitable for anyone with six months experience in the Mindfulness of Breathing and Metta Bhavana meditations.

### Meditation Weekend with Paramananda

A very popular teacher returns to Manchester once again. The weekend is non-residential and runs at the same times each day. Sat 10th Aug - Sun 11th Aug, 10.00am–4.30pm  
£100/£80/£40 †

\*Full/Concessionary/18 -25 rates: Please check online or at reception for eligibility. Booking is essential.

† Full/Medium/Low rates. You choose which rate fits your current

### 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  
Jul - Sept 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  
Manchester M4 1DZ

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www.manchesterbuddhistcentre.org.uk

## Events for Friends<sup>1</sup>, Mitras<sup>2</sup> and Order Members<sup>3</sup>

### A Marathon of Practice

A twenty-seven hour Buddhist practice period, to run alongside the Centre's Three Peaks Challenge. Check the website for details.

Sat 6th July, 6.00am - Sun 7th Jul, 9.30am ‡

### 108 Year Puja for Bhante Sangharakshita

Celebrating the anniversary of the birth of our founder, with devotional ritual-

Mon 26th August, 5.00pm - 7.00pm‡

### With the end in mind...(Just like a Death Cafe)

An opportunity to face death and talk about it, to help us embrace life more fully. Donations will be welcomed on the night for the Abhayaratna Trust. Booking is essential.

Mon 9th Sept, 7.00pm - 9.30pm

### Men's Sangha Retreat

Our annual men's Sangha retreat at Lockerbrook, in Derbyshire.

Fri 20th Sept - Sun 22nd Sept

£150/£100/£50\*

\*Full/Concessionary/18 -25 rates: Please check online or at reception for eligibility. Booking is essential

† Full/Medium/Low rates. You choose which rate fits your current financial circumstances. Booking is essential.

‡ No charge, but as an unfunded charity, we rely on the generosity of people who use and value the Centre to help cover running costs of over £6,000 a week. We will welcome donations on the day and beyond.

## Festivals

Shared meal, talks, meditation and ritual. Suitable for Friends<sup>1</sup>, Mitras<sup>2</sup> and Order Members<sup>3</sup>

### Dharma Day Festival

Sun 14th July, 12.30pm - 5.30pm‡.

### Padmashabhava Festival

Mon 30th Sept, 7.00pm - 9.00pm‡.

## Events for Order Members<sup>3</sup> and Mitras<sup>2</sup>

### Going Deeper in Meditation – Awareness to Insight.

A day of meditation with Vajradevi. The focus will be on awareness and right view.

Sun 21st July, 10.00am - 4.30pm

£50/£40/£20 †

### Women Mitras' and Order Members' Meditation Day

Satyamuni leads a day of meditation and spiritual friendship. Booking is essential

Sun 4th August, 10.00am - 4.30pm‡

## Events for Order Members<sup>3</sup> and Mitras<sup>2</sup> Training for Ordination

### Meditation Day with Tejananda

Tejananda visits to lead a day of meditation and reflection. Booking is essential

Sun 1st September, 10.00am - 4.30pm‡

### Day for Women Order Members and Women training for Ordination, with Kalyacitta

Kalyacitta joins us to lead a spacious day of spiritual friendship, study, discussion and meditation. Booking is essential.

Sun 8th Sept, 10.00am - 4.30pm‡

### Northern Women's Order Member and Women training for Ordination Retreat: The Lion's Roar

A retreat for women in the Northern Region. Dana will be collected on the weekend. Booking is essential.

Fri 20th - Sun 22nd Sept

## New Monthly Event

### Up Close And Personal with...Satyamuni

A monthly event where we'll have an opportunity to hear from an Order Member: for them to share facets of their spiritual life story. Suitable for Friends<sup>1</sup>, Mitras<sup>2</sup> and Order Members<sup>3</sup>.

Mon 23rd Sept, 7.00pm - 9.30pm‡

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 Jul, Fri 16th Aug, Fri 20th Sept

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.