

Meditation and Buddhism Programme

July - December 2019

www.norwichbuddhistcentre.com

For more than forty years the Norwich Buddhist Centre has been teaching meditation, Buddhism and yoga in the heart of the city. The Centre is run by members of the Triratna Buddhist Order – making the teachings of the Buddha available and accessible in today's world.

Festivals

Festivals are important dates in the Buddhist calendar. We celebrate the Three Jewels: the Enlightened One, his profound teaching and the spiritual community. We practice together through meditation, puja, talks and enjoying each others' company.

Dharma Day

to be held on Saccaka's land in Norfolk's countryside

The Buddha's teachings have inestimable value for the way we live our lives. By getting to know our feelings, thoughts and emotions and following the precepts, we undertake a practice of training which has the capacity to transform our lives. Today we are fortunate to have Maitrivajri from the London Buddhist Centre to give us a teaching. She is an experienced dharma and meditation teacher and an engaging speaker. The day will be led by Sinhadakini, Vajragupta and team. Do join us for a day in the wild gardens on Saccaka's land.

Sun 21 July | 10.30 am - 4 pm

Donations welcome

Please bring vegetarian, ideally vegan, lunch to share

Padmasambhava Day

at Norwich Buddhist Centre

Known as Guru Rinpoche, the 8th-century teacher who took Buddhism from India to Tibet is both a historical and a mythic figure. His two main disciples were the Princess Mandarava and the dakini Yeshe Tsogyal. His life story is full of dramatic teachings. Come and learn more about this mysterious figure and enjoy a day of practising with the Sangha.

Sun 13 Oct | 10.30 am - 4 pm

Donations welcome

Please bring vegetarian, ideally vegan, lunch to share

Sangha Festival

Held at Norwich Buddhist Centre

A celebration of our friendships with each other and our gratitude to the Arya Sangha, those Enlightened practitioners who have trod the path before us. The Buddha said that kalyana mitrata (spiritual friendship) could be seen as the whole of the spiritual life. It's through our connections with each other that we grow towards wisdom and compassion. Enjoy a day with Sangha friends.

Sun 10 Nov | 10.30 am - 4 pm

Donations welcome

Please bring vegetarian, ideally vegan, lunch to share

Meditation

Meditation is the means through which we develop our awareness, learn stillness and contentment, kindness and compassion. The two meditation practices taught here at the Buddhist Centre both originate from the Buddha himself. They are Mindfulness of Breathing and Metta bhavana (loving kindness).

Drop-In Buddhist Meditation Classes for Beginners

Suitable for those without previous meditation experience.

Monday – Thursday | 12.15 - 1.15 pm £5/£4

Wednesday evenings | 7 - 8.15 pm £5/£4

Saturdays | 1.30 - 2.30 pm £5/£4

Drop-In Buddhist Meditation for those familiar with our Meditation Practices

Wednesdays | 7 - 9 pm £7/£6

Fridays | 12.15 - 1.15 pm £5/£4

Introductory Meditation Mornings (drop in)

Suitable for complete beginners. These mornings are an introduction to our two meditation practices: Mindfulness of Breathing and Metta bhavana (loving kindness). Time for questions and discussion will be included. Just drop in, no need to book.

Sat 20 July with Jnanabhasa

Sat 7 Sept (**for women**) with Sinhadakini and team

Sat 23 Nov with Viprasanna

10 am - 12 pm

£7/£5

Introductory Buddhist Meditation Courses

These courses give a thorough grounding in our two meditation practices.

3 July to 7 Aug - led by Satyagita, Maitrivaca and team

4 Sept to 9 Oct - led by Maitrisingha and team

30 Oct to 4 Dec- led by Jnanabhasa and team

Wed 7 – 9pm

Daytime course

22 Oct to 26 Nov - led by Alokadhara

Tues 2 – 4pm

6 weeks £65/£50

Going Deeper with Buddhist Meditation Courses

These courses are aimed both at people who have completed the introductory courses, as well as at more seasoned meditators. You can either sign up for the courses at a discounted rate or you can attend on a drop-in basis.

Wednesday nights 7 – 9pm

July 3 to Aug 7 - led by Jnanabhasa

Sept 4 to Oct 9 - led by Dharmika & Maitrivaca

Oct 23 to Nov 27 - led by Alokadhara

6 weeks £30/£26 or drop in for £7/£6 per session

Buddhism

Buddhism is a tradition of spiritual development that teaches liberation through awareness, kindness and wisdom. A regular practise of meditation, training in the five precepts and investigating the Buddha's teachings, are the basis for a rich and fulfilling life.

Buddhism Courses

These practical and down-to-earth teachings of Buddhism are as relevant today as they were over two thousand years ago. Come and discover how to understand and transform your heart and mind on these six-week courses of instruction, discussion and practical exercises. Open to everyone.

July 18 to Aug 22

Buddhism: Tools For Living Your Life

Amanda and Sarvananda

How can we follow a spiritual path in the 21st Century with all its distractions and busyness? How are the teachings of the Buddha, from more than 2,500 years ago, still relevant to our modern lives? This course will use the book "Buddhism: Tools for living your life" to explore how we can use the teachings to enrich our lives."

Sept 19 to Oct 24

Fully, Kindly Alive, An Everyday Approach to Mindfulness in Buddhism

Sinhadakini, Sujana and friends

This practical course focuses on establishing a daily mindfulness practice within a Buddhist context and will include talks, exercises, discussion and guidance for home practice.

Nov 7 to Dec 12

Exploring Transience and Transformation

with Suryadarshini and Viryashalin

The Buddha pointed out three key truths: we can change; happiness comes from inside, not from outer things; we are interconnected with others and the world around us. What do you think? A six-week course of discussion with threads of meditative practice.

Thursday nights 7 – 9pm

6-week courses £55/£40

Three Jewels Night

Every Tuesday the Sangha comes together to deepen and enrich our practice with talks, discussion, meditation and puja (a devotional practice). We start with tea and connecting with friends from 6.30pm. Shrine room event 7.15 – 9pm. Open to everyone familiar with our two meditation practices and with an interest in Buddhist ritual.

Tuesday nights 6.30 – 9pm

Donations welcome

Men's Buddhist Workshop - Open to all men

An opportunity for men to get together to explore and practise meditation and Buddhism. All at the Norwich Buddhist Centre except for August (see below)

Led by Kalyanamati and Maitrisingha

Saturdays monthly on: 27 July, 30 Aug - East Anglian Men's Event at Padmaloka,

28 Sept, 26 Oct, 30 Nov, 28 Dec

10 am – 12.30 pm

Donations welcome

Great Yarmouth Meditation Course

17 Sept to 22 Oct

Tuesday 7 – 9 pm | £55/40

led by Saroja

Suitable for complete beginners. This course is an introduction to our two meditation practices: Mindfulness of Breathing and Metta Bhavana (loving kindness). Time for questions and discussion will be included.

Women's Dharma Workshop - Open to all women

A creative exploration of Buddhism to deepen our practice and friendships. Just come along, no need to book.

Led by Sinhadakini and team

Saturdays monthly:

13 July | Walking with Kindness

10 Aug | Spiritual Friendship: Creating and Celebrating

7 Sept | Heartspace -Introduction to Meditation. (arrive from 9.45am for 10am - 12 pm £7/£5)

12 Oct | Touch and Creativity Workshop with Shraddhadhi and Melanie

16 Nov | Embodiment and Going Beyond The Body

14 Dec | Practising as a parent

10 am for 10.30 am to 12.30 pm

Donations welcome (except September, see above)

See the weekly mailout and Facebook for more details on events.

Mantra Club

A new monthly gathering to explore mantra chanting in different ways. There will be:

*opportunity to chant for longer than our pujas usually allow

*an exploration of the musical possibilities of mantra in new ways

*experimentation, whilst aiming to maintain the devotional and meditative nature of mantra

Fridays, 7.30 - 9 pm Sept 27, Oct 25, Nov 22

Suitable for those familiar to Sevenfold Puja

Donations welcome

Norwich Sub 35 Buddhists

Aged 16–35? Interested in Buddhism and meditation? All welcome. No previous experience necessary. You don't need to be a Buddhist to come along. Come and explore in a warm relaxed group, through a mixture of meditation, reflection and discussion.

First and third Saturday of the month 7 – 9.30 pm

July 6 & 20, Aug 3 & 17, Sept 7 & 21, Oct 5 & 19, Nov 2 & 16, Dec 7 & 21

Donations welcomed

Find us on Facebook at 'Norwich Sub 35 Buddhists'

Catalyst

A monthly event where we explore the truth of the Dharma through our connection with the Arts and Imagination.

See the weekly mailout and Facebook for more details on events.

Second Saturday evening of the month 7 – 9pm

Sept 14, Oct 12, Nov 9, Dec 14

Donations welcomed

Events

Green Buddha Group

At the Green Buddha group, we meditate together, reflect on the ecological and climate crisis, particularly with reference to the Dharma and share ideas for creative responses.

Led by Sarvananda and Marisa

Fri 26 July 7 - 9.00 pm

Living Awareness Meditation Days

‘There’s More to Your Mind than Just Thinking’

A silent day of exploratory and progressive meditation in shorter sessions. An opportunity to experience a deeper atmosphere of stillness and calm. Open to serious meditators with at least 6 months of regular meditation practice. Booking essential.

Led by Dayapanna

Sun Sept 15 & Dec 1,

9.30am – 4pm

£30 / £22

Please bring vegetarian, ideally vegan, lunch to share

Silent Retreat Day -The Selfless Way - Simply Being

Why do we hang on to a particular identity? Why are we so concerned to be liked and approved of? Our preoccupied self is very exhausting. Come and share a day of silence, letting go and simply being.

Led by Vajraguptā

Sun 18th Aug 10.30 am - 4 pm

£30 / £22

Please bring vegetarian, ideally vegan, lunch to share

Entering the Realm of Reality - Introduction to the Gandavyuha Sutra

Journey with Sudhana on his spiritual quest and enter Vairocana’s magic tower!

Interconnectedness, parallel universes and magical happenings on a vast scale are the flavour of the sutra. The day includes an interactive talk, readings/stories, meditation and puja.

Led by Bodhivajra

For Mitras and Order Members only

Sun 8th Sept | 10 am – 4 pm

£30 / £22

Please bring vegetarian, ideally vegan, lunch to share

Touching the Earth, Opening the Heart

The Buddha taught that all things are interconnected and that our actions have consequences. We see this when we turn our attention to the ecological and climate crisis of the present day. Turning towards suffering on a planetary scale can be very uncomfortable and overwhelming. This day will focus on resourcing ourselves so that we can act from a place of connection and compassion and will include meditation, listening and opportunities for cultivating creative responses. All welcome

Led by Marisa and Sarvananda

Sun Sept 22 | 10.30 am - 4 pm

£30 / £22

Please bring vegetarian, ideally vegan, lunch to share

Touch and Mindfulness Workshop

An exploration of accessing deeper into the body through led paired touch exercises and short meditations.

Led by Shraddhadhi

Sun Oct 6 | 10 am – 1 pm

£20 / £15

Silent Retreat Day -The Silence Within Us

What lies beneath our endless self chatter? When we engage fully with meditation we give the internal monologue a rest, or at least turn the volume down! A day of silence lightens the mind and heart. Come and experience the silence within you.

Led by Vajraguptā

Sun 20th Oct | 10.30 am – 4 pm

£30 / £22

Please bring vegetarian, ideally vegan, lunch to share

Meditation Day - Freedom through the gateway of the body

A deep engagement with our somatic experience can lead to liberation from unhelpful habits/perspectives and allow entry into the relative freedom of the formless realms. A day of deep meditative investigation.

Led by Shraddhadhi and Alokadhara

Sun Nov 17 | 10.00 am - 4 pm

£30 / £22

Please bring vegetarian, ideally vegan, lunch to share

Open Day at Norwich Buddhist Centre

A day of free events: meditation and yoga taster sessions as well as talks on Buddhist teachings. Plenty of relaxed time for discussion. Please encourage friends and family to come along and get a taste of what we have to offer. Tea and cake included!

Sat 21 Sept | 10.00 - 4.00 pm

Weekend with our President Paramabandhu

Twice a year Paramabandhu comes to Norwich for a weekend. He's a senior order member and public preceptor who, as President of our Centre, takes a keen interest in how the Centre is running. He is happy to meet with individuals or group in the sangha who would like a bit of time with him. Paramabandhu usually includes a day retreat or study session as part of his visit.

Book a date with Paramabandhu

Friday to Sunday

Oct 25 to 27

Retreats

Going on a retreat is a great opportunity to leave behind the concerns and demands of everyday routines, giving you the time and space for meditation, reflection and spiritual friendship.

Windmill, Weekend Retreat at Burnham Overy Staithe

Fri 18 to 20 Oct

£120 / £95 concession (£50 non refundable deposit)

Led by Satyagita, Saroja, Maitrisingha

New Year Retreat at Castle Acre, near Swaffham

Fri 27 Dec 2019 to Thur 2 Jan 2020

£220 / £180 (£50 non refundable deposit)

Led by Viprasanna and team

School and outreach visits

Please contact us if you would like to bring a group to the Centre or for someone to visit your school, group or workplace.

£70 half day, £140 whole day

Volunteering – can you help?

Volunteers play a vital role in running the Centre and contribute in a variety of ways depending on interests and abilities. Ask one of the team if you feel you would like to help.

Booking & Payments

Courses and classes are open to everyone and all charges go towards running the Centre. If you're on low income or can't afford the full amount, further concessions can be made. Ask one of our team if you'd like to know more. Book in advance, ideally online via our website, for all events, except drop-in classes. You can also pay by card at the Buddhist Centre or by cheque payable to 'Norwich Buddhist Centre'.

Refund Policy

Please note that bookings are non transferable and refunds, minus an admin fee/deposit, are only given where cancellation is made 5 or more working days before the start date. In extenuating circumstances, we will consider refunding payments within 5 working days but this is at our discretion. In all cases we will retain an admin fee/deposit which is £10 for events/courses, £50 for retreats and £5 for yoga workshops.

Bookshop and reception open 12 pm to 3 pm Monday to Saturday

Norwich Buddhist Centre

14 Bank Street, Norwich, NR2 4SE

T: 01603 627 034

E: info@norwichbuddhistcentre.com

W: www.norwichbuddhistcentre.com

Find us on Facebook | Norwich Buddhist Centre