

Meditation & Buddhism

Buddhism is a tradition focusing on spiritual development that encourages awareness, kindness and wisdom. These, and other qualities such as courage and fearlessness, can be actively developed through meditation. Meditation, which is integral to Buddhist practice, is a powerful force for change in our lives. If we change our mind then our experience of the world changes too.

Introductory Courses

Introductory Buddhist Meditation Courses

These 6-week courses will give a thorough grounding in two fundamentally important Buddhist meditation practices: the Mindfulness of Breathing and the Meditation on Loving Kindness (Metta Bhavana). The classes are a mix of instruction, discussion and practical experience of meditating. A great way to get started.

Wednesday nights 7.30 – 9.30pm

6 weeks £55/£40

23 July – 27 Aug

17 Sep – 22 Oct

12 Nov – 17 Dec

Buddhism Courses

These courses introduce you to Buddhist practice, history, meditation, ritual and iconography.

Monday nights 7.30 – 9.30pm

4 Aug – 8 Sep

Buddhism and Philosophy: Enlightenment East and West – led by Saccaka

This course is suitable for those interested in finding a common ground between Buddhism and Western philosophy.

6-week course £55/£40

15 Sep – 13 Oct

Deluded Mind, Enlightened Mind – led by Vajragupta

Much of human suffering arises from ideas we have about ourselves, others and the world. This course will shed light on our mistaken views and discuss Buddhist perspectives on reality.

5-week course £45/£35

10 Nov – 15 Dec

The Path to Freedom – led by Alokadhara

An exploration of the Buddha's threefold way of the practice of ethics, meditation and wisdom leading to unbounded freedom.

6-week course £55/£40



Drop-In Meditation Classes for Beginners

Suitable for people with no previous experience

Mondays	12.15 – 1.15pm	Meditation	£4/£3
Tuesdays	12.15 – 1.15pm	Meditation	£4/£3
Wednesdays	12.15 – 1.15pm	Meditation	£4/£3
Wednesdays	7.30 – 9pm	Meditation	£5/£4
Thursdays	12.15 – 1.15pm	Meditation	£4/£3
Saturdays	1.30 – 2.30pm	Meditation	£4/£3

Meditation Mornings – New!

Suitable for people with no previous experience

An opportunity to sample a deeper meditative atmosphere – there will also be an introduction to the two meditation practices we teach.

Sat 5 July 10am – 12noon

Sat 6 Dec 10am – 12noon

Led by Alokadhara

£7/£5

Going Deeper with Buddhist Meditation

Ongoing instruction for those familiar with our two meditation practices

Lunchtime Drop-Ins

Fridays 12.15 – 1.15pm Meditation and Buddhism £4/£3

Evening Drop-in Classes and Courses

Wednesdays 7.30 – 9.30pm

These sessions are aimed both at people who, having completed the introductory meditation courses, wish to develop their practice, as well as at more seasoned meditators.

Drop-In Classes

2 July – 15 Oct & 5 Nov – 17 Dec £6/£5

Courses

While you are encouraged to sign up for the whole course (at a discounted rate), you are still welcome to attend on a drop-in basis for £6/£5 per night.

10 Sep – 15 Oct The Creative Mind Led by Sujana

6-week course £26/£23

5 Nov – 17 Dec Exploring Abundant Treasures Led by Alokadhara

7-week course £30/£26

Living Buddhism Foundation Course

Our beliefs and ideas about reality have a major effect on how we live and feel. This one-year course explores key teachings and principles of Buddhism. As this is Term Three of a 'one year' course, entry is at the discretion of the course leaders.

Thursday nights 7.30 – 9.30pm

11 Sept – 13 Nov Term three

Led by Vajragupta and Sarvananda

10-week term £90/£70



Regular Events

Stream of Practice

Join the local Sangha (Buddhist community) for mornings of intensive practice.

Open to everyone familiar with our two meditation practices.

Saturdays 10am – 12 noon

Held on: 12 July, 9 Aug, 20 Sept, 11 Oct, 8 Nov and 13 Dec

By donation (suggested amounts £6/ £5)

Yoga and Meditation Day

'It's all in the mind' ... or is it in the body? Explore how we can work with tension and relaxation by applying the Buddha's teachings of metta and mindfulness. Suitable for complete beginners or those who would like to refresh their practice of either meditation or yoga.

Sun 27 July 10am – 4pm

Led by Bodhivajra and Andrea

By donation (suggested amounts £30/£25/£17)

Bring vegetarian lunch to share

Mindfulness Meditation Day

A day of intensive meditation practice in an atmosphere of stillness and calm. Open to everyone familiar with our two meditation practices.

Sun 14 Dec 9am – 3.30pm

Led by Dayapanna

By donation (suggested amounts £30/£25/£17)

Bring vegetarian lunch to share

Norwich Young Buddhists

Aged 16 - 35 and interested in Buddhism? Come along to meet others, meditate, and talk about meditation and Buddhist practices. Everyone is welcome, any level of experience or engagement.

First Sunday of every month at 4.30 – 6.30pm

By donation

Find us on Facebook: 'Norwich Young Buddhists' or email

NorwichYoungBuddhists@gmail.com to find out more.

Buddhist Centre Open Day

Open to everyone. Visit the centre and have a look around. Try meditation, listen to talks about Buddhism, drink tea and eat cake.

Sat 6 Sep 10.30am – 4.30pm

Retreats

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

Working Retreat

Held at Castle Acre, Norfolk

We will be combining work, ritual and an introduction to the Anapanasati meditation practice. Open to those who have been attending the Buddhist Centre for at least 6 months.

Wed 6 – Sun 10 Aug

Led by Sujana

By donation (suggested amounts £95/£75/£55)

A £25 non-refundable deposit is required to secure your place

Embodying the Five Buddhas Retreat

Held at Castle Acre, Norfolk

A weekend's journey around the mandala. Immerse yourself in the qualities of the five Buddhas through meditation, yoga, ritual, mudras, and discussion. Open to those familiar with our two meditation practices and with some experience of puja. No previous experience of yoga or the Five Buddhas required – but full participation is!

Fri 10 – Sun 12 Oct

Led by Bodhivajra and Andrea

By donation (suggested amounts £95/£75/£55)

To book please send a £25 non-refundable deposit

Meditation Retreat – The Heart of Mindfulness

Held at the Windmill, Burnham Overy Staithe.

For people familiar with our two meditation practices. Ideal for those who have recently completed our introductory courses and are looking to deepen their experience of meditation.

Arrive Friday for a meal at 6.30pm and finish Sunday 4pm.

Fri 14 – Sun 16 Nov

Led by Bodhivajra

By donation (suggested amounts £95/£75/£55)

A £25 non-refundable deposit is required to secure your place

Winter Retreat 2014/15 – Friends in the Good Life

Escape to beautiful Castle Acre, Norfolk, to a retreat that will focus on meditation and use reflection, silence, poetry and ritual to prepare us for the New Year. Through talks, discussion, meditation and ritual we will explore the importance of friendship in the Buddhist life. Open to everyone familiar with our two meditation practices.

Arrive before 6.30pm for supper and finish after breakfast.

Sun 28 Dec – Fri 2 Jan

Led by Sinhadakini and Saroja

donation (suggested amounts £200/£180/£160)

A £25 non-refundable deposit is required to secure your place



Norwich Buddhist Centre

July – December 2014

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