



meditation and buddhism

www.birminghambuddhistcentre.org.uk

The Birmingham Buddhist Centre is a meeting place for people seeking the Buddha's wisdom and compassion in the modern world.

Learn to meditate

Tuesday or Thursday evening 7.30-9.45pm

Wednesday lunchtime 1-2pm

Saturday 10am-12.15pm

No need to book, just turn up

Introduction to Meditation and Buddhism courses

see website for dates

Meditate with others (no instruction)

Monday-Friday 8.00-8.45am

Tuesday evenings 7.30-9.45pm

Saturday mornings 10am-1pm

Everyone welcome. Our classes are run by donation (£5-£10 suggested).

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