



Portsmouth Buddhist Center

Winter/Spring Program 2017

Sundays

Community Mornings Every Sunday!
10 AM - 12:30 PM | By Donation

Jan 15 - Feb 26

What is a Modern Buddhist Community?

Mar 12 - Apr 30

A Path With Heart

May 7 - Jun 25

What is the Good Life? Seeing Past Materialism,
Inequality & the Cult of Fashion

Wednesdays

Meditation Practice Evenings Every Wednesday
5:45 - 6:45 PM | By Donation

*For anyone who knows meditation.
Come sit with us in good company!*

Introductory Courses

All courses on Thursdays 7 - 9 PM
Suggested Donation \$40 for 4 weeks.

Jan 19 - Feb 9

Who Was The Buddha And Why Does He Matter?
A Practical Introduction

Feb 23 - Mar 16

What The Buddha Taught: *Big Ideas and the
Possibility of Real Change in Your Life*

Mar 30 - Apr 20

Get To Know Your Mind With Buddhism

May 4 - May 25

Changing Habits, One Mindful Moment at a Time

Jun 8 - Jun 29

The Wisdom of Kindness

Other Events

See Facebook & Twitter for more information, other
workshops and Buddhist festivals!

Feb 3

Seacoast Sangha Ceilidh
A mid-winter celebration and dance.

Mar 3 - Mar 5

Seacoast Sangha Retreat *at Aryaloka*
Building A Beautiful Community