

## Meditation

### Introduction to Meditation: Module 1

Learn two meditation practices to develop calmness, clarity and emotional positivity.

Mondays 7.15pm – 9.45pm

3 November – 8 December

12 January – 16 February

23 February – 30 March

13 April – 18 May

1 June – 6 July

£105 / £65 conc. (Includes Practice Day and two CDs)

### Introduction to Meditation: Module 2

Following on from Module 1. New tools for building and sustaining your meditation practice.

Mondays 7.15pm – 9.45pm

3 November – 8 December

12 January – 16 February

23 February – 30 March

13 April – 18 May

1 June – 6 July

£75 / £48 conc.

### Meditation Practice Day

Open to those who have learnt both meditations.

Free to current attendees of Meditation Module 1.

Saturday 18 October, 6 December, 14 February,

28 March, 16 May, 4 July

10am – 4pm

£40 / £28 conc.

### Introduction to Meditation Day

A more intensive version of Meditation Module 1.

Saturday 15 November, Sunday 8 February

10am – 4pm

£45 / £33 conc. See our Special Weekend Offer.\*

\* book an Introduction to Meditation Day and an Introduction to Buddhism Day in one weekend for £70 / £46 conc. - save £20.

## Buddhism

### Introduction to Buddhism

Explore the teachings of the Buddha and find out how they can be applied to your life.

Mondays 7.15pm – 9.45pm

3 November – 8 December

12 January – 16 February

23 February – 30 March

13 April – 18 May

1 June – 6 July

£75 / £48 conc.

### Introduction to Buddhism Day

A more intensive version of Introduction to Buddhism.

Sunday 16 November, Saturday 7 February

10am – 4pm

£45 / £33 conc. See our Special Weekend Offer.\*

## Retreats

### Weekend Retreat

Residential weekend retreats are an ideal way to practice in conditions that are more supportive of meditation.

Friday 28 – Sunday 30 November<sup>#</sup>^

Friday 27 February - Sunday 1 March<sup>o</sup>^

Friday 20 - Sunday 22 March<sup>#</sup>^

£135 / £78 conc.

## Our charges

We aim to keep our charges low and all our meditation and Buddhism teachers are unpaid. If your financial circumstances prevent you from attending meditation or Buddhism classes, please do contact us and we will be happy to discuss this with you. We also have a small bursary for a limited number of assisted places on weekend retreats. Please contact us for details.

<sup>o</sup> open to beginners. Meditation instruction will be given.

<sup>#</sup> suitable for those who have learnt to meditate.

<sup>^</sup> includes Buddhist ritual: guidance will be available and participation is optional.

## Free events

As a registered charity, the Cambridge Buddhist Centre is run on a not-for-profit basis. Following the teachings of Buddhism, we want to practice and encourage a spirit of generosity here. Although we charge for some of our events, we offer other events for free. We rely on the generosity of those who come to the Centre to keep running our activities. We greatly appreciate all donations. If you are a tax payer, Gift Aided donations are especially helpful, as we can increase the value of your donation by reclaiming the tax. A Gift Aid form can be downloaded from our website or pick one up from the Buddhist Centre reception.

### Meditation Drop-in at Lunchtime

Tuesdays & Thursdays 1.05pm – 1.55pm

### Buddhism Drop-in at Lunchtime

Fridays 1.05pm – 1.55pm

### Meditation and Buddhism Evening

Thursdays 7.30pm – 9.45pm

### Buddhism Level 2

Following on from Introduction to Buddhism. Six modules on a Buddhist theme comprising a one year course.

Mondays 7.15pm – 9.45pm

3 November – 8 December

12 January – 16 February

23 February – 30 March

13 April – 18 May

1 June – 6 July

### Full Moon Puja<sup>#</sup>

A traditional Buddhist ritual on the full moon day.

7.30am – 8.30am (weekdays)

9am – 10am (weekends)

### Buddhist Festival Days<sup>#</sup>

Traditional festivals to mark the Buddha's life and teachings. Held on a Sunday. Programmes and times vary.

9 November: Sangha Day

15 February: Parinirvana Day

10 May: Buddha Day

5 July: Dharma Day

MEDITATION is a means of self transformation and spiritual development that is open to all. We teach two traditional Buddhist meditation practices: the Mindfulness of Breathing, which leads to calmness and clarity of mind; and the 'Metta Bhavana', which means the development of universal loving-kindness. Although effective in reducing stress and increasing general well-being, meditation can also lead to a radical change in the way we understand ourselves and the world.

BUDDHISM is essentially about developing the qualities of wisdom and compassion. Since the time when the Buddha first taught people how to do this, over 2,500 years ago, the practice of Buddhism has always been applied to an individual's own lifestyle and behaviour. Buddhism is not an abstract philosophy to be admired, but a living tradition that is as relevant today as ever.

CAMBRIDGE BUDDHIST CENTRE is part of the Triratna Buddhist Community, a worldwide Buddhist movement. Cambridge has a large community of ordained Buddhists – 'Order members' – and 'Mitras' or 'friends'. Our aim is to create the conditions for anyone to benefit from the teachings of the Buddha and the practice of meditation. We provide a range of activities for practising Buddhists, and also a variety of activities to support general well-being, such as Yoga, Mindfulness-Based Stress Reduction and Tai Chi, more details of which can be found in our 'Well-being' leaflet. The Buddhist Centre also conducts school visits for pupils of all ages. Please contact us for information and to arrange a visit. Events are also available in nearby Triratna groups based in: Addenbrookes Hospital, Cambridge University Press, Cambridge University, Bury St Edmunds, Peterborough, Letchworth, Hertford and Milton Keynes. See our website for details: [www.cambridgebuddhistcentre.com](http://www.cambridgebuddhistcentre.com) where you can also sign up for regular emails.

The Cambridge Buddhist Centre is open to all: you don't have to be or want to be a Buddhist. We also offer events for anyone who wants to pursue Buddhist practice. The Buddhist Centre is part of a vibrant local community of practising Buddhists.

We also offer Tai Chi, Yoga and Mindfulness-Based Stress Reduction: for details, see our 'Well-being' leaflet, or visit our website.

You can book on any of our courses or days online at [www.cambridgebuddhistcentre.com](http://www.cambridgebuddhistcentre.com) or by phone 01223 577553. Reception is open weekdays, 10am – 1pm. Pop by or phone to arrange a visit.

### HOW TO FIND US

Cambridge Buddhist Centre is located at 38 Newmarket Road, Cambridge CB5 8DT. Full directions can be found on our website. **Parking:** There is limited parking on our forecourt. **Bus:** The No.3 and Citi 4 buses stop opposite the Buddhist Centre (Napier Street stop).



**Booking:** Unless otherwise stated, full payment in advance is required. Book online at [www.cambridgebuddhistcentre.com](http://www.cambridgebuddhistcentre.com) or send a cheque payable to 'Cambridge Buddhist Centre' to: Cambridge Buddhist Centre, 38 Newmarket Road, Cambridge CB5 8DT. **Concessions:** Please pay the lower rate if your financial circumstances would otherwise prevent your booking. **Cancellation policy:** We require five working days before the start date to cancel your booking; refunds are not usually available after this time. A £5 booking fee will be deducted. **Data Protection Act:** If you received this programme by post, we have your details on our database. If this is unacceptable to you, please let us know. Cambridge Buddhist Centre is a working title of Triratna Cambridge, charity no. 297894.

# Meditation Buddhism

## Cambridge Buddhist Centre



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[www.cambridgebuddhistcentre.com](http://www.cambridgebuddhistcentre.com)  
38 Newmarket Road, Cambridge CB5 8DT