

## FOUNDATION STUDY COURSES

### Foundation Study Course on Buddhism

5 week study and discussion groups £60/£45/£30  
Please book at least 1 week in advance of start date.

*Going for Refuge part 1:* 12 Jan Tue 10.30–12.30

*Going for Refuge part 1:* 14 Jan Sep Thu 19.30–21.30

*Going for Refuge part 2:* 23 Feb Tue 10.30–12.30

*Going for Refuge part 2:* 25 Feb Thu 19.30–21.30

*The 5 Precepts* 14 Apr Tue 10.30–12.30

*The 5 Precepts* 16 Apr Thu 19.30–21.30

### Curious about becoming a Mitra?

*With Dharmakara & Padmavajri*

An opportunity to meet with the Mitra Convenors and experienced Mitras to hear about and ask any questions you may have about what is involved in being a Mitra.

Drop-in Event. Donations welcome.

**17 Apr Sun** 10.00–13.00

### Why ordination with Triratna Buddhist Order?

*With Dharmakara & Padmavajri + Order Members*

A day to hear from Order members about their personal experience of what inspired them to join the Triratna Buddhist Order, and to look at the process of training.

**12 Jun Sun** 10.00–13.00

Drop-in Event. Donations welcome.

## MEDITATION PRACTICE

Please see the website for details of Meditation practice drop-ins. The Small Shrine Room is available for individual meditation practice for Mitras and Order Members 12.30–14.30 Mon–Fri.

## RITUAL AND PUJA

Full Moon Pujas - Myth, Magic and Mystery Auspicious and Inspiring Collective Devotional Practice, opening the heart and evoking the Buddhas.

Drop-in Event. Donations welcome

24 Jan Sun, 22 Feb Mon, 23 March Wed,

22 April Fri, 21 May Sat, 20 June Mon

**Friday Puja**, open to everyone, with Buddhist teachings

and tea to follow! *With Amoghavajri* 14.15–15.00

Drop-in Event. Donations welcome

## TRIRATNA SANGHA NIGHTS

Regular Tuesday Nights see Weekly Emails / website / notice board for details.

Tuesdays 7.30pm – 9.30pm with Dharmakara, Subhadassi, Muditakari & Nagadipa.

Evenings will consist of a meditation session, followed by one of a range of events which will include:

Dharma Debates, Talks, Chanting & Puja.

Donations welcome.

## WOMEN

**Women's Night** Monthly evening for women of all levels of experience. Come together to explore what brings us alive, and practice that engage our emotions energy, heights and depths; from beauty, nature, myth and storytelling to the intimate experience of daily life. 3rd Friday of every month, 19:30–21.30.

**15 Jan, 19 Feb, 18 Mar, 15 Apr, 20 May, 17 Jun**

Drop-in Event. Donations welcome

### Buddhism and Meditation Day Retreat for LGBT Women *with Muditakari*

**24 Apr Sun** 10.30–16.30 £30/£20

Please book your place in advance.

Please bring vegan/vegetarian lunch to share

### Women for Women

*With Debra Charlton and Women4Women team*

Fundraising event for Dhammadinna Women's Centre in Lonavola, India.

**16 Apr Sat** 14.00–16.30 Drop-in. Donations welcome

## WOMEN MITRAS

**Training for Ordination Morning:** For GFR Women Mitras (Women who have asked for Ordination)

**Loving, Letting Go and Learning:** *with Kavyashri,*

*Maitrimala, Padmavajri, Sraddhadipa*

**24 Jan Sun** 10.00–13.00 Please book in advance.

Donations welcome

## ORDER MEMBERS

**31 Jan Sun** 10.00–17.00 How the Buddha Taught:

Only Connect *with Sinhaketu*

A workshop for class leaders and supporters.

Explore the significance of connection and direct experience as a critical foundation for teaching and learning. £20/£15/£10

**The Art of Meditation Course : Brahma Vihara practice and Formless Practice *with Vajracchedika***

**1st 4 weeks** Sats **23 Jan–13 Feb** 10.00–13.00 £40

**2nd 4 weeks** Sats **2 Apr–23 Apr** 10.00–13.00 £40

8 Saturday a.m.'s spread over 2 blocks of 4 weeks

**Note:** First 4 weeks will be based in **Brahma Vihara**

**practice**, the second four weeks looks at how this feeds into Formless Practice.

Please book in advance. See more course info

[www.brightonbuddhistcentre.co.uk/triratna-community/order-members](http://www.brightonbuddhistcentre.co.uk/triratna-community/order-members)

### **3 April Regional Order Day**

more information to follow via email

## MEN

**Men's Night** Monthly evening for men of all levels of experience to gather as a Sangha for various aspects of Buddhist practice including meditation, ritual and discussion. See web/weekly emails for more info. 4th Friday of each month:

**22 Jan, 26 Feb, 25 Mar, 22 Apr, 27 May, 24 Jun**

Starts with baked potatoes at 18.30.

Shrine room activities start at 19.30.

Drop-in Event. Donations welcome

### **Dads and kids**

An afternoon for fathers with/without their children, to hangout, meditate (possibly with young kids present), including a puja.

**23 Apr** 14.00–17.00 £10/£7/£5

## MANDALA EVENTS

### Cultural and creative events

#### **Beauty of Mantra *with Mahasukha***

A magical candlelit evening of uplifting meditative and devotional Buddhist mantra with beautiful soulful harmonies before a beautiful shrine.

Sats 19:30–21.30

**16 Jan, 13 Feb, 12 Mar, 09 Apr 14 May, 11 Jun**

£9/£7 Cafe 9.30pm.

#### **The Art of Mindful Photography *with Wendy Greenhaugh***

**22 Jan Fri** 19.30–21.30 **£10/£8**

Creative workshop will help develop the skills of mindful presence, a deepening connection to the beauty of the world, and help you take great photographs! See info online - as tools needed!

#### **Mindful Film Night**

Sats Doors open 18.00. Film Screening 18.30.

Refreshments and discussion after the film.

See website/Weekly emails for film info.

**30 Jan, 27 Feb, 26 Mar, 30 Apr, 28 May, 25 Jun**  
Drop-in Event. Donations Welcome

#### **Mindfulness and the Art of Drawing *with Wendy Greenhaugh***

**12 Mar Sat** 14.00–16.00 **£10/£8**

This fun two hour workshop will help you discover ways in which mindful drawing can lead you into a deeper connection with yourself, and the world. See info online - as equipment/materials needed!

## YOGA AND MEDITATION

**Yoga and Meditation Mornings *with Vidyadasa***  
Hatha Yoga, and meditation.


Sundays 9.30–12.30 **24 Jan, 21 Feb, 13 Mar, 15 May**

£20/£15 Please book in advance. See website.

What is Mindfulness Yoga? *with Sudhaka*

**24 Apr Sun** 09.30–13.30

£30/£20 Please book in advance. See website.

 **RETREATS 2016** See more details on **Retreats** page of website

**30 Apr Sat - 1 May Sun Exploring the 3 Bodies.** Wkend retreat at Brighton Buddhist Centre *with Tejananda*. Please book as far in advance as possible. See more info overleaf/online.  
10.30-17.00. £60/£40/£20 For wkend. £30/£20/£10 Per day.

**19 Mar-20 Mar 10.30-17.00 Meditation Weekend with Vessantara.** See more info online. By Donation

**24 Jun Fri - 26 Jun Sun Awareness to Insight.** Order/Mitra Weekend Retreat at Kench Hill, Kent *with Vajradevi, Dharmakara and Padmavajri*. Please book as far in advance as possible. £130/£100/£80.

**14-16 Oct Fri- 1 Nov Sun Sangha Weekend** at Rivendell £130/£100/£80. Please book far in advance.

## Programme

### January

12 Tue 10.30-12.30 Foundation Course :

*Going for Refuge part 1*

14 Thu 19.30-21.30 Foundation Course :

*Going for Refuge part 1*

15 Fri 19.30-21.30 Women's Night

16 Sat 19.30-21.30 Beauty of Mantra

17 Sun 10.30-17.00 **Community Practice Day :**

One Step Beyond : *with Kavyashri*

22 Fri 19.30-21.30 Art of Mindful Photography

22 Fri 18.30-21.30 Men's Night

24 Sun 10.00-13.00 Training for Ordination a.m :  
For GFR Women Mitras

24 Sun 09.30-12.30 Yoga & Meditation a.m

24 Sun 19.30-21.30 Full Moon Puja

30 Sat 18.00-21.30 Mindful Film Night

31 Sun 10.00-17.00 How the Buddha Taught:

### February

13 Sat 19.30-21.30 Beauty of Mantra

14 Sun 2016 10.30-16.30 **Parinirvana Day**

19 Fri 19.30-21.30 Women's Night

21 Sun 09.30-12.30 Yoga & Meditation a.m

22 Mon 19.30-21.30 Full Moon Puja

23 Tue 10.30-12.30 Foundation Course :

*Going for Refuge part 2*

25 Thu 19.30-21.30 Foundation Course :

*Going for Refuge part 2:*

26 Fri 18.30-21.30 Men's Night

27 Sat 18.00-21.30 Mindful Film Night

### March

12 Sat 19.30-21.30 Beauty of Mantra

12 Sat 14.00-16.00 Mindfulness & Art of Drawing

13 Sun 09.30-12.30 Yoga & Meditation a.m

13 Sun 10.30-16.30 **Community Practice Day:**  
*This moment Now with Dyotana*

18 Fri 19.30-21.30 Women's Night

23 Wed 19.30-21.30 Full Moon Puja

25 Fri 18.30-21.30 Men's Night

26 Sat 18.00-21.30 Mindful Film Night

### April

09 Sat 19.30-21.30 Beauty of Mantra

12 Tue 10.30-12.30 Foundation Course: 5 Precepts

14 Thu 19.30-21.30 Foundation Course: 5 Precepts

15 Fri 19.30-21.30 Women's Night

17 Sun 10.00-13.00 Curious about being a Mitra?

22 Fri 18.30-21.30 Men's Night

22 Fri 19.30-21.30 Full Moon Puja

23 Sat 14.00-17.00 Dads and Kids

24 Sun 09.30-13.30 What is Mindfulness Yoga a.m

30 Sat 10.30-17.00 **Exploring the 3 Bodies**

*Weekend Retreat with Tejananda*

30 Sat 18.00-21.30 Mindful Film Night

### May

1 Sun 10.30-17.00 **Exploring the 3 Bodies**

*Weekend Retreat with Tejananda*

7 Sat 14.00-17.30 Women4Women

14 Sat 19.30-21.30 Beauty of Mantra

15 Sun 09.30-12.30 Yoga & Meditation a.m

20 Fri 19.30-21.30 Women's Night

21 Sat 19.30-21.30 Full Moon Puja

27 Fri 18.30-21.30 Men's Night

28 Sat 18.00-21.30 Mindful Film Night

### June

12 Sun 10.00-13.00 Why Ordination with Triratna Buddhist Order?

17 Fri 19.30-21.30 Women's Night

20 Mon 19.30-21.30 Full Moon Puja

24 Fri 18.30-21.30 Men's Night

24 Jun Fri - 26 Jun Sun **Awareness to Insight**  
Order/Mitra Weekend Retreat at Kench Hill, Kent

25 Sat 18.00-21.30 Mindful Film Night

# Triratna

COMMUNITY  
PROGRAMME  
Winter - Spring 2016  
January - June



*The activities within this programme are open to those who have learnt our meditation practices. If you have not learnt these but would like to take part, please consider enrolling on our Introductory Courses.*

*You can find more information about events in this programme in the weekly emails newsletter and our website [www.brightonbuddhistcentre.co.uk](http://www.brightonbuddhistcentre.co.uk). Please book in advance for bookable events.*



## SANGHA FESTIVALS

### Parinirvana Day

*with Dyotana and Dhammannyu*

14 Feb Sun 2016 10.30-16.30

Parinirvana Day is one of the major festivals in the Buddhist calendar, marking the Buddha's final days and death. Morning - devoted to meditation & reading from texts about Buddha's final days. Afternoon - a talk, followed by a special metta to remember people who died during the past year, and conclude with a puja. **Donations Welcome. Please book online**



## RETREATS

A Meditation Weekend with Vessantara

19 Mar -20 Mar 2016 - 10.30am till 5pm.

See more online. Book in advance. By donation

24 Jun Fri - 26 Jun Sun **Awareness to Insight**  
Order/Mitra Weekend Retreat at Kench Hill, Kent  
*with Vajradevi, Dharmakara and Padmavajri*

Love is the experience of a mind that is free. Meditation, collective rituals, dialogue, meals, silence. Awareness as a transformative tool frees us from habitual mind allowing simple presence, joy & equanimity with whatever arises. £120 / £100 / £80. **Please book in advance.**



## RETREATS

30 Apr Sat - 1 May Sun **Exploring the 3 Bodies**  
**Non-residential retreat with Tejananda**

Exploring the real nature of the body, and our experience in a directed, inquisitive and playful way. Suitable for regular meditators with a good basis in integration and positive emotion.  
10.30-17.00 £60/£40/£20 For whole weekend  
£30/£20/£10 Per day. Please book in advance.

14-16 Oct **Sangha Weekend Retreat** Weekend at Rivendell (see website early 2016) Please book in advance.



## COMMUNITY PRACTICE DAYS

**One Step Beyond with Kavyashri**

Welcoming in that which is difficult, with kindness and a broad Dharmic awareness can liberate underground energies enabling us to live with greater freedom.  
17 Jan Sun 10.30-17.00 £15/£10

**This moment Now with Dyotana**

The current moment is the only one we have, yet it is so easy for our attention to be somewhere else. Can we be more fully present? A day of collective practice, with an emphasis on meditation and reflection.  
13 Mar Sun 10.30-16.30 £15/£10