

Brighton Buddhist Centre & Evolution Arts Open Day

Saturday 18th May - Workshop Descriptions

	Top shrine room	
10:00 - 10:45am	Ask a Buddhist <i>With Shuddhadhara</i>	Shuddhadhara has been a practising Buddhist for 18 years. Come and hear how he lives and practices a Buddhist life and bring any questions you'd like to ask.
15min Break		
11:00 - 12:00pm	What the Buddha Taught in a Nutshell <i>With Maitridarshin</i>	Maitridarshin will explore the fundamentals of what the Buddha taught in an accessible way. Hear, from the Chair of the Buddhist Centre, how the Buddha's teachings are alive and relevant for today's world.
15min Break		
12:15 - 1:15pm	What compassion is - and what it isn't <i>With Annie Akasati</i>	What is the difference between compassion and empathy? Is true compassion draining or nourishing? How can we best look after ourselves while acting with care for others? Exploring these questions and more, Akasati will present a Buddhist understanding of this enriching quality. This will be an interactive session, with opportunities for discussion and questions. The session will be followed by a meditation for cultivating mindful compassion, for anyone who wishes to stay on.
15min Break		
1:30 - 2:30pm	Tales of Freedom <i>with Gambhiradhi</i>	Reimagining the Buddha through recollections from early sutras and Jataka tales. Opening the heart to the possibility of freedom in the here and now.
15min Break		
2:45 - 3:45pm	LGBTQI+ community – a Buddhist perspective	The Brighton Buddhist Centre offers a regular monthly drop in for the Gender, Sexuality and Relationship Diverse community (GSRD), giving a supportive space for all those who identify as LGBTQI+ to come together to meditate and explore Buddhist teachings. Our session at this year's Open Day will include some meditation and a personal talk on the shared experience of both identifying with the LGBTQI+ community and being a Buddhist.
15min Break		
4:00 - 5:00pm	Mantra workshop <i>With Dharmarama</i>	Singing mantras can help us cultivate qualities such as presence, joy and connection. Come and join this taster session where we will sing together and experience the beauty of mantra.

	Yoga studio	
11:00 - 12:00pm	Alexander Technique <i>With Korina Biggs</i>	This workshop will provide a brief introduction to the Alexander Technique in an enjoyable way. Learn to move with more ease and with less effort, breathe more freely, and enjoy less strain or pain.
15min Break		
12:15 - 1:15pm	Yoga: Release & Unwind <i>with senior teacher Jim Tarran</i>	We often get wound up with our schedules, our duties and the person we or others expect us to be. This manifests as accumulated tension and holding in the body and the breath. Through stretching, toning and breathing Jim will help you release these tensions. As you unwind, you expand and a light finds its way back into your heart and mind.
15min Break		
1:30 - 2:30pm	Shodokan Aikido <i>with Paul Bonett</i>	Shodokan Aikido is a system which fully engages your mind and body and teaches you to work with your partners in cooperation rather than confrontation. Join Paul to get a taste of how Aikido can help you gain or regain confidence in your body's capabilities, encouraging you to gently push your boundaries and rediscover natural, effective power and energy.
15min Break		
2:45 - 3:45pm	Circle Singing & the Healing Voice <i>With Bex Fidler</i>	Join Bex for a taster session for her new 6 week course at Evolution. A fun and playful exploration of voice, group singing and in-the-moment music making. Expect harmonies, vocal collaboration and some voicework, a gentle, therapeutic approach to connect more deeply with ourselves and support wellbeing. A workshop for anyone interested in singing and the voice, including those who don't think they can sing.
15min Break		
4:00 - 5:00pm	Heartfelt: Needle Felting <i>With Kate O'Brien</i>	Try out this mindful and accessible craft and make a felted heart and greeting card or just have fun playing with wool. Learn the basics of how to sculpt wool with a felting needle. In just an hour you can make a couple of small creations to take home. Suitable for absolute beginners.

	Garden shrine room	
10:00 - 10:45am	Mindfulness of Breathing <i>With Sthanashraddha</i>	In the Mindfulness of Breathing we pay close attention to how it feels in the body to breathe in and out. It sounds so simple! But we also notice when, and how often, our attention wanders to something more 'interesting'. This can produce a sense of calm and satisfaction in the present moment, and a radical shift in our awareness of who we are.
15min Break		
11:00 - 12:00pm	Aspects of Loving Kindness <i>With Maitrimala</i>	The Metta Bhavana meditation, the development of lovingkindness, helps us connect more deeply with ourselves and others. With its aspects of friendliness, compassion, joy and equanimity it can sustain us in all the challenges life throws at us.
15min Break		
12:15 - 1:15pm	MBCT- the what and the how <i>with Kavyashri</i>	MBCT is an 8-week mindfulness programme that incorporates cognitive therapy and uses present moment awareness and meditation. These tools enable us to be in the here and now, as well as break away from negative thought patterns that can cause low mood or anxiety to persist. MBCT helps us spot and prevent difficult frames of mind from taking hold, and thus helps us stay well and take care of ourselves and our mental health and well being.
15min Break		
1:30 - 2:30pm	Meditation for Mindful Compassion <i>with Annie Akasati</i>	In this practical, interactive session we'll start by cultivating mindful presence. We'll then open to compassion: in the first place, kindness and care for oneself. On that basis, we can allow compassion to naturally flow out to others. Expect guided meditation, with space for shared reflections and questions.
15min Break		
2:45 - 3:45pm	Meditation for Peace <i>with Maitridarshin</i>	Join Maitridarshin for a meditation to explore how we can have a heart response to the suffering in the world from a Buddhist perspective.
15min Break		
4:00 - 5:00pm	Mindfulness of Breathing <i>with Padmanita</i>	In the Mindfulness of Breathing we pay close attention to how it feels in the body to breathe in and out. It sounds so simple! But we also notice when, and how often, our attention wanders to something more 'interesting'. This can produce a sense of calm and satisfaction in the present moment, and a radical shift in our awareness of who we are.