

At the centre we offer a variety of 'user friendly' workshops, courses, and special weekend events.

Why not treat yourself to some inner peace?



Half day meditation workshops

10.30am -1pm

The workshops provide a basic introduction to meditation practice. Learning the art of meditation helps create a calm and flexible state of mind that gives rise to happiness and peace.

September 19th – **Introduction to meditation**

October 10th – **Clarity of mind**

November 14th – **Stress buster**

Cost: £10

Advance booking on line or just drop in on the day.

Mark your diaries

New Year Guided Retreat

January 3rd to 9th

A positive start to 2010!

Details coming soon...

www.meditateinbrighton.com

One day meditation retreats

10:30am - 5:30pm

September 26th – **Medicine for the mind**

Discover happiness within, find freedom from anxiety and fear and learn how to overcome stress

November 28th – **Introduction to meditation**

Learn the basics of meditation on this retreat

December 12th – **Clear mind**

A voyage of exploration of your mind! Discover your own potential for lasting peace and happiness.

Meditation retreats consist of guided meditations and teachings. There is plenty of time for walks, meeting with like minded people, or just enjoying the peaceful atmosphere of the Centre.

Cost £25 (includes lunch)



Do I need to book in advance?

For the **Half Day Workshops** - you may pre-book online if you wish, or you are welcome to drop in on the day. Please pre-book for **One Day Meditation Retreats, Weekend Retreats** and **Empowerments**.

You can book online at www.meditateinbrighton.com or fill in the booking form on this leaflet and post it to us.

Weekend meditation retreats

September 25th – 27th **Medicine for the mind**

November 27th – 29th **Introduction to meditation**

December 11th – 13th **Clear mind**

During retreat we take ourselves away from our usual routines and learn how to develop the inner peace that we need for our daily happiness. We practice meditation to create space in our mind and enjoy a fresh perspective on life. A retreat is a meaningful holiday that brings great long-term benefit to our lives.

To gain maximum benefit and to be fully immersed in retreat, many people choose to stay at the Centre. We offer comfortable accommodation with recently renovated facilities.

All meals are provided during the retreat. Meals are vegetarian, home-cooked and delicious. During the breaks our café is open for you to purchase drinks and snacks.

Each weekend begins on Friday 6pm with supper and finishes with lunch on Sunday.

Cost £45 non-residential. See booking form for accommodation costs.





Increase your inner wisdom

Manjushri Empowerment

October 24th Empowerment and commentary
October 25th Guided retreat

The empowerment of Buddha Manjushri is an opportunity to receive special blessings from the Wisdom Buddha so as to develop and increase our own inner wisdom. This wisdom has the power to answer all of our questions, and overcome our doubts and hesitation. In particular, the wisdom that realizes ultimate truth has the power to liberate us once and for all from the bondage of our ignorance and bestow upon us the everlasting joy of enlightenment. Awakening to the ultimate truth of how things really exist is the path to permanent inner peace.

Please see the booking form for costs.
Pre-booking is required.



Booking Form

Day Retreats £25 Sept 26 Nov 28 Dec 12

Weekend Retreats **Sept 25-27** **Nov 27-29** **Dec 11-13**
 Non Residential £45 Dorm £70 (bring sleeping bag)
 Twin £95 (per person) Single £105

Manjushri Empowerment Oct 24-25
 Sat only £25 Non Residential £40 Dorm £55 (bring sleeping bag)
 Twin £65 (per person) Single £75

Name _____ Tel. _____

Address _____

Post code _____ Email _____

I enclose full payment of £____, or deposit of £10. Cheques payable to Bodhisattva Centre.

Credit/Debit card payment:

Card no: _____ / _____ / _____ / _____ Expiry date: ____ / ____

Start date: ____ / ____ Issue no: ____ Security code: ____

A member of the New Kadampa Tradition -
the International Kadampa Buddhist Union



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Bodhisattva Buddhist Centre 2009

Empowerments Half-day workshops Beginners retreats

relaxing breaks