

Meditation Classes

Thursdays 7.30-9pm. Our main class of the week is Thursday evenings with Resident Teacher Kelsang Nyingpo.



Love & Happiness



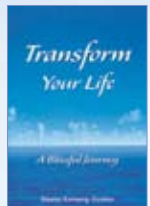
September 3, 10, 17 & 24

This course will be based on the new CD, *Meditations for a Kind Heart*.

- ☞ The stages of meditation
- ☞ Cherishing others
- ☞ Taking away suffering
- ☞ Giving happiness

Buy a four week card for £18
(or drop in - £5 per class)

The Power to Transform - our Mind, Life & World



October 1, 8, 15 & 22

We think of ourselves as having a fixed identity and feel stuck in our way of thinking and our patterns of behaviour.

This course is based on the book, *Transform your Life*, by Geshe Kelsang Gyatso.

- ☞ Transforming our mind, life and world through wisdom
- ☞ The power of meditation
- ☞ Patient acceptance, the key to transformation
- ☞ Our potential: who I am and who I can be

The Stillness Within



November 12, 19, 26, December 3 & 12

A concentrated mind can accomplish anything while a distracted mind accomplishes very little. Learn how to still the mind and enjoy a peace beyond the chatter of busy thoughts.

This course will be based on the CD *Meditations for a Clear Mind*.

- ☞ The power of mind
- ☞ Body of light
- ☞ Clarity
- ☞ The root mind
- ☞ A beautiful space

Buy a four week course card for £18
(or drop in - £5 per class)

Try one of our weekend retreats

To gain more in-depth experience of these powerful meditations, you may wish to attend our Clear Mind Retreat scheduled for December 11th-13th.
Please visit our website for details.

Meditation Basics

Tuesdays 7.30-9pm

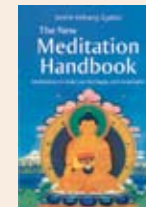
Learn the basics of meditation in four weeks. Drop in classes or book online for the course.

Cost £5 per class

September 1, 8, 15 & 22

September 29, October 6, 13 & 20

November 10, 17, 24 & December 1



- ☞ Inner happiness
- ☞ Learning to meditate
- ☞ Daily meditations
- ☞ A Beautiful mind

'When the turbulence of distracting thoughts subsides and our mind becomes still, a deep happiness and contentment arises naturally from within.'

Geshe Kelsang Gyatso.

Guided meditation

Wednesdays 12.30-1pm

Followed by lunch with the community.

Cost - meditation is free,
lunch is £3

September 2 - October 21

November 11 - December 9

Parents & babies

Fridays 11am-12pm

Bring your baby along, and enjoy a relaxing guided meditation.

Cost £4

September 4 - October 23

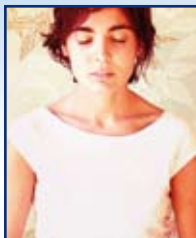
November 13 - December 11

What to expect at a class

At these classes you can learn basic meditation techniques. Meditation helps to relax both body and mind and leads to a deep experience of inner peace. Classes are suitable for both beginners and more experienced meditators. Anyone can practise meditation and everyone is welcome to attend. Pre-booking not required, you can drop in when convenient.



You can choose to meditate in a chair or on a cushion, whatever is most comfortable for you. There is no physical exercise involved.



The general structure of the class:

- ☞ Simple guided meditation
- ☞ Teaching on how to solve problems in daily life
- ☞ Followed by another guided meditation

The classes last for about one and a half hours. After the class everyone is welcome to stay for light refreshments.

www.meditateinbrighton.com



Contact

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Bodhisattva Buddhist Centre is a
member of New Kadampa Tradition -
International Kadampa Buddhist Union

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Meditation Programme

September to December 2009
Bodhisattva Centre - Brighton

find inner peace