

DROP-IN MEDITATION**UNGUIDED MORNING MEDITATION**

Doors open at 6:50am. For those who have, or who would like to develop, a regular meditation practice, this is an opportunity to sit with others in a silent space. All welcome.

Every Monday, Wednesday & Friday 7–8am (doors open 6.50am)

LUNCHTIME GUIDED MEDITATION

Come and join us for a led introduction to meditation. Suitable for beginners, open to all.

Tuesdays & Wednesdays 12.30–1.30pm

**THURSDAY COMMUTER MEDITATION**

Tranquillity meditation. On your way home from work and need to find some space to reconnect with yourself? We've introduced a new drop-in guided meditation class of a Thursday evening.

Thursdays 5.30–6.15pm

SATURDAY MEDITATION

Guided beginner meditation in the front room for anyone wishing to learn the foundational meditation practices, Metta Bhavana and Mindfulness of Breathing. Experienced unguided meditation in the back room is a chance for experienced meditators to engage together in a shared practice. Both classes are open to all.

Saturdays 9.30–10.30am



For further information please contact us:

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SYDNEY BUDDHIST CENTRE

AUTUMN 2019

COURSES, RETREATS
& EVENTS

SYDNEY BUDDHIST CENTRE**MEDITATION**

The Sydney Buddhist Centre is part of a worldwide movement—the Triratna Buddhist Community.

Triratna draws on the entire Buddhist tradition and expresses itself in a fresh and dynamic way. We have been offering courses in Buddhism and meditation in Sydney for more than 35 years. Our teachers are practising Buddhists who strive to incorporate the ideals and practice of Buddhism into daily life.

We offer courses in Buddhism and meditation in a friendly, supportive environment. Our meditation techniques can be used by anyone regardless of religious beliefs.

Meditation is a means of transforming the mind. Buddhist meditation practices are techniques that encourage and develop concentration, clarity, emotional positivity, and a calm seeing of the true nature of things.

By engaging in meditation you learn the patterns and habits of your mind, and the practice offers a means to cultivate new, more creative ways of being. With regular work and patience these nourishing, focused states can deepen into a profoundly peaceful and energised mind.

For further information including details on costs and retreat accommodation please email us at info@sydneybuddhistcentre.org.au or call us on 9519 0440

REGULAR ACTIVITIES

MEN'S STUDY

A meditation and study group for men who are interested in exploring the Dharma more deeply. Drop in and meditate with others and join in a casual Dharma study group after the tea break.

Mondays 7–9.15pm

DHARMA BOOK CLUB

Meet every Wednesday morning for a period of meditation. Following a tea break, we read and discuss a book. Open to all.

Wednesdays 10.30am



YOUNG SYDNEY BUDDHISTS

Open to 18–35 year olds who are interested in exploring meditation and Buddhism with others. Every week we have guided meditation, followed by tea break and teaching and discussion on a Buddhist theme.

Wednesdays 7–9.15pm

WOMEN'S STUDY (BY INVITATION)

For women who have been practising Buddhism and meditation for some time. Meditation at 7pm followed by Dharma study in groups. For info on how to join, contact the SBC.

Every Thursday 7–9.15pm

SANGHA NIGHT

Open to all who have learnt the basic meditation practises of Mindfulness of Breathing and Metta Bhavana. Meditation at 7pm, followed by tea break and study, ritual or other special events.

Wednesdays 7–9.15pm

QUEERS & ALLIES STUDY GROUP

A fortnightly non-gendered study group for anyone wishing to deepen their experience and commitment to the Buddhist path in a non-gendered, queer-friendly environment.

Every second Sunday 4–6pm

COURSES

LIFE WITH FULL ATTENTION

Each moment of mindfulness creates the opportunity for greater spaciousness and joy. A practical course in cultivating mindfulness in all aspects of our lives.

Led by Dharmagatu.

Tuesdays 7–9.15pm

2nd April–21st May

\$265 (\$210 conc) Includes book

BEYOND HAPPY

The metta bhavana is a meditation that can profoundly change lives. This short course goes beyond the stock phrases back to ancient source material to unravel the secrets of the 'metta code'. Led by Bodhidasa.

Tuesdays 7–9.15pm

2nd–23rd April / \$120 (\$90 conc)

RADICAL BUDDHA RADICAL MIND

Explore some of the most radical and transformative aspects of the Buddha's teaching – spiritual death, spiritual rebirth and spiritual community. Led by Kamalamayi.

Tuesdays 7–9.15pm

7th May–11th June / \$180 (\$135 conc)

SATURDAY INTRO COURSE

Learn meditation and explore how the teachings of Buddhism can enrich and make sense of our lives. A five week course led by Kusalacitta and Maitribandha.

Saturdays 9.30–11.30am

29th June–27th July / \$150 (\$115 conc)

MINDFULNESS MEDITATION

Introducing mindfulness meditation, we will explore how best to sit comfortably, approach meditation and how to apply mindfulness practices to influence our everyday lives. Led by Dharmagatu.

Tuesdays 5.30–6.45pm

4th–25th June / \$80 (\$60 conc)

MINDFUL EMOTION

Aimed at re-emphasising the importance of the heart and cultivating kindness, this course introduces ways of approaching the kindness-based meditation, as well as putting kindness into practice in our daily lives. Course cost includes the book "Mindful Emotion" by Jed Shamel and Paramabandhu Groves.

Led by Ratnajyoti and Nagasuri.

Tuesdays 7–9.15pm

4th–23th June / \$80 (\$60 conc)

RETREATS

Our retreat centre Vijayaloka, a dedicated space for meditation and spiritual practice, is set in pristine bushland on the Georges River just one hour from Sydney CBD.

FAMILY RETREAT

For school-aged children and their parents or carers. Includes meditation for children and adults, parents' session, drama, sports, craft, stories and songs around the campfire, and exploring the bush, river and the labyrinth. All ages are welcome!

Led by Ratnajyoti

Fri 12 – Mon 15 April

\$120 Adult / Child \$30

EASTER SATIPATTHANA RETREAT

Explore, by means of this insight practice, the true nature of your body, feelings and thoughts through meditation and embodied awareness. Discover the joy of independence and freedom from all clinging. For those with an established mindfulness practice. Led by Nandavani.

Thu 18 – Mon 22 April

\$325 (\$240 conc)

COOGEE SANGHA RETREAT

Coogee sangha retreats are opportunities for us to come together as a community of practitioners in more ideal conditions at our retreat centre. Led by Dharmalata.

Fri 10 – Sun 12 May

\$265 (\$200 conc)

INTRODUCTORY RETREAT

A full introduction to meditation practice, including help with meditation posture and ways to establish an effective practice in your daily life. There will be plenty of opportunity for practice and discussion with like-minded friends, as well as time to explore the beautiful bush setting. Led by Maitribandha and Kusalacitta.

Fri 17 – Sun 19 May

\$200 (\$145 conc)



SOUTH PACIFIC YOUNG PERSONS RETREAT

Combining meditation and silence, discussion and friendship, inspiring collective rituals and time for solitude. Whether new to Buddhism or experienced, a great opportunity to come together with other young people from all across Australia and New Zealand. Open to everyone under 35. If struggling with costs, please contact us to discuss. Led by Dhammakumara, Rijumayi and Aryadharm.

Fri 7 – Mon 10 June

\$265 (\$200 conc)

WORKING WITH NATURE

Engage with the beautiful bushland at Vijayaloka, on the outskirts of Sydney. We will meditate and spend time together practising and helping care for the retreat facilities and grounds. All welcome!

Fri 28 – Sun 30 June

By Donation \$60 suggested.

SPECIAL EVENTS

CURRY AND CONVERSATION

Come and join us for a delicious shared curry dinner, a lively group discussion around a Buddhist theme, and various activities. No experience necessary, all welcome!

Wednesday 8th May 7pm

TRIRATNA DAY FESTIVAL

In a London basement 51 years ago a new Buddhist movement was forged by Urgyen Sangharakshita. This movement has become a dynamic worldwide community of Buddhist practitioners. Find out how in this festival day talk by Bodhidasa.

All welcome! Program of activities on the day will be made available on Sydney Buddhist centre website.

Saturday 6th April

BUDDHA DAY FESTIVAL

The first full moon of May marks a special festival day where people from all over the Triratna Buddhist Community come together to celebrate the Buddha's Enlightenment. All welcome! Program of activities for the day will be made available on the Sydney Buddhist Centre website.

Saturday 18th May