

drop in meditation classes for newcomers

Mon Tues Thurs and Fri Lunchtimes 1 – 2pm £6/2 Drop in
An introduction to meditation for newcomers.

Tuesday Evening Class 7 – 9.30pm. £10/5 Drop in
A full introduction for newcomers to the Mindfulness of Breathing and Metta Bhavana (loving kindness) and a thorough grounding in the principles of meditation.

Saturday Morning Meditation Sat 10.15am - 12.45pm £10/5 Drop in.
A morning exploring the Mindfulness of Breathing and Metta Bhavana (loving kindness) practices with sitting, gentle movement and walking meditation. Suitable for all levels of experience.
No Class 31 Mar

meditation and buddhism courses

What the Buddha taught: Intro to Buddhism and Meditation
with **Vajramitra** 4 Mon eve 22 Jan - 12 Feb 7 - 9.30pm £60/28
The course aims to explore what the Buddha taught some 2500 years ago. Using the teaching of the 3 fold way - Ethics, Meditation and Wisdom, we will explore his teaching and ask if it has relevance to our lives today. Open to all. Please book.

Who is the Buddha? Introductory Buddhism Course
with **Satyanathin** Tues 23 Jan - 27 Feb 7 - 9.30pm £45/20
An introduction to the historical Buddha and an outline of the symbolism of the archetypal events and characters in his journey towards to Enlightenment. The course explores how this ancient story is relevant to our lives in the twenty first century. Suitable for those new to Buddhism who have learnt our meditation practices who wish to find out more about the Buddha. The evening starts with a meditation practice.

Introduction to Buddhism and Meditation with **Santva**
4 Sat mornings 3 - 24 Mar 10.30 - 1pm £60/28 Please book.
This 4 week course will introduce the Buddha, his teaching (Dharma) and the followers of his teaching (Sangha).
We will also explore the Mindfulness of Breathing and the Metta Bhavana practices. The course is open to all and will include space for questions and discussion

buddhist meditation drop in classes

Meditation for regular meditators Wed lunchtime 1 – 2pm
For those who know our basic meditation practices. Drop in. £6/2.

Saturday Morning Meditation
Saturday 10.15am - 12.45pm All levels of experience. £10/5
No class 31 Mar

Meditation Toolkit Tues eve 7– 9.30pm
for those who have learnt our basic meditation practices, and wish to take their practice further. Drop in. £10/5

Weekend day events

Metta Day with **Karunagita** and **Maitrisambhava**
Sun 18 March 10am - 5pm By donation
Immerse yourself in Metta: friendliness, kindness, unconditional love - how that might look in our daily lives, how it transforms and how it can be developed. Talks, practice, discussion, including the Metta Bhavana meditation and mindful self-compassion. All in the nourishing context of a day retreat.

Introduction to meditation
with **Shraddhasara** and **Maitrisambhava**
Sun 29 April 10am - 5pm £40/20
Learn to meditate or refresh you practices. An ideal opportunity to experience the benefits of meditation in the context of a day retreat.

Opening to Joy and Compassion:
Weekend Sangha Retreat at Vajrasana in Suffolk
with **Maitrisambhava Visuddhimati** and **Vajramitra**
Fri evening 19 Jan - Sun afternoon 21 Jan
The four Brahmaviharas are Metta (Loving Kindness), Karuna (Compassion), Mudita (Gladness/sympathetic Joy) and Uppekkha (Equanimity). They are also known as the Sublime Abodes or the Illimitables. We will explore these sublime qualities through meditation, reflection, talks and ritual.
Booking essential. £165/130/95

meditation

day events

retreats

festivals and pujas

Parinirvana Festival Sun 18 Feb 11am - 6pm
Remembering and reflecting on the passing away of the Buddha and exploring our responses to death and impermanence with **Visuddhimati** and friends Free event. Dana welcome.

Spring Equinox Celebration with **Lalitaraja** and friends
Mon 19 March 6.30pm Food to share 7.30pm Meditation and ritual
The Spring Equinox was celebrated as Ostara in pagan times is associated with the rebirth of the year and with fertility. It is a time of preparation for farmers - there was a tradition of bringing their seeds for blessing at this time. Bring seeds -actual or conceptual - to be blessed as part of the puja. The word blessing comes from an old English word meaning to make sacred, so we'll bring our 'seeds' whether they are flowers for the garden or intentions for our life to make them sacred so that as they take root and grow into our life they do so with our best intentions.

Triratna Community Day Sat 7 Apr at **Croydon Buddhist Centre**
Annual Londonwide event celebrating the founding of our community.

Full Moon Pujas Fri 7.30 – 9.30pm £10/5
5 Jan Led by **Santva** dedicated to **Ratnasambhava**
2 Feb Led by **Dhiraprabha** dedicated to **Bodhichitta**
2 Mar Led by **Abhilasa** dedicated to **Green Tara**
6 April Led by **Maitrisambhava** dedicated to **White Tara**

sangha nights

SANGHA EVENINGS **WEEKLY CLASS**
Every Monday evening except Bank Holidays. No class 2 Jan, 2 April.

Mon 8 Jan **Launch of new theme: The Worldly Winds**
Our Sangha Night theme this session explores the "worldly winds of loss and gain, praise and blame, fame and infamy, pleasure and pain. As we are tossed around by gain, buffeted by loss, borne aloft by praise, or cast down by blame, how can we maintain our sense of direction, confidence, and sense of purpose? The Buddha gave clear guidance on how to rise above these 'worldly winds'. We will be exploring how to find greater equanimity and perspective in the ups and downs – big and small – of everyday life.

Mon 19 Mar **Spring Equinox celebration** with **Lalitaraja**

Mon 9 April **An Evening with Padmasambhava**
with **Shakyasiddhi Lalitaraja** and **Visuddhimati**
The evening will include a short talk introducing the lotus born guru and a puja with musical offerings and embellishments.

about us



Charity No 801632

About the North London Buddhist Centre:

We offer a wide range of activities to promote health, happiness and wellbeing within the context of our core values of awareness, kindness and generosity. Our aim is to develop a Buddhist practice community in the city, relevant to our lives in the 21st century.

The North London Buddhist Centre was started up by members of the Triratna Buddhist Order, which was founded by Sangharakshita in 1967. It is part of an international network of the Triratna Buddhist community (formerly the Friends of the Western Buddhist Order FWBO), with over 80 centres worldwide.

About Meditation:

We offer practices to explore our experience and understand the essential principles of meditation. We teach methods for the development of awareness, positive emotion, self knowledge, transformation and insight.

About Buddhism:

We offer courses and classes to explore key Dharma (Buddhist teaching) principles and their relevance to our particular circumstances. Our teachers' approach is informal and friendly, with plenty of opportunity for discussion and space for reflection.

Our charges and dana:

We run the centre on the basis of generosity (dana), a fundamental Buddhist practice. Our charges are set at an affordable level to allow as many people as possible to benefit. Income from classes and events is not enough, on its own, to cover our running costs. We rely on additional donations and practical help from volunteers to keep our beautiful centre up and running. We are very appreciative of the generosity of all those who participate in our activities and give their time, money and energy to help the centre. If you would like to give an extra donation to help keep the centre running, then please consider making a regular donation by filling out a Standing Order form. We are able to reclaim tax from UK taxpayers through the Gift Aid scheme for both one off and regular donations.

January

Fri 5 Jan Full moon puja to Ratnasambhava with Santva
 Mon 8 Jan Launch of Worldly Winds theme at Sangha Night
 Sat 13 Jan Women's class with Karunagita and Siddhisambhava

Fri 20 Jan to Weekend Sangha Retreat: Opening to Joy and Compassion
 Sun 22 Jan with Maitrisambhava, Vajramitra and Visuddhimati

Sat 20 Jan Young Buddhists Practice Morning for people aged 18 - 35
 Sat 20 Jan Men's class with Abhilasa and Kusala
 Mon 22 Jan Start of Buddhism and Meditation course with Vajramitra
 Tues 23 Jan Start of Buddhism course with Satyanathin

February

Fri 2 Feb Full Moon puja to Bodhichitta with Dhiraprabha
 Sat 3 Feb Exploring Wisdom and Insight with Karunagita
 Sun 18 Feb Parinirvana Festival with Visuddhimati and friends
 Sat 10 Feb Women's class with Karunagita and invited guest
 Sat 17 Feb Young Buddhists Practice morning for people aged 18 - 35
 Sat 17 Feb Men's class with Abhilasa, and Kusala
 Sat 24 Feb Exploring Wisdom and Insight with Karunagita
 Sun 25 Feb People of Colour Sangha Event

March

Fri 2 Mar Full Moon Puja to Green Tara with Abhilasa
 Sat 3 Mar Start of Buddhism course with Santva
 Sat 3 Mar Sangha's got Talent with Fiona and Lottie
 Sat 10 Mar Women's class with Karunagita and invited guest
 Mon 19 Mar Spring equinox celebration with Lalitaraja
 Sat 17 Mar Young Buddhists Practice morning for people aged 18 - 35
 Sat 17 Mar Men's afternoon class with Abhilasa, and Kusala
 Sat 17 Mar Exploring Wisdom and Insight with Karunagita
 Sun 18 Mar Metta Day with Maitrisambhava and Karunagita

April

Fri 6 April Full Moon Puja to White Tara led by Maitrisambhava
 Mon 9 April An Evening with Padmasambhava with Shakyasiddhi
 Sat 21 April Men's afternoon class with Abhilasa, Kusala and Aryajit
 Sun 29 April Intro Med Day with Maitrisambhava and Shradhdhasara

special events

8 Step recovery group - Every Friday 6.30 - 8pm. Peer led. For anyone in recovery from addiction, and habitual behaviours

Young People at NLBC (Sub 35)
 with **the Sub - 35 Team**
 Saturdays 20 Jan, 17 Feb, 17 Mar 10.30am - 1pm Free event

The alternative FRIDAY NIGHT (SUB 35) 5 Jan, 2 Feb, 2 Mar, 6 Apr
 Are you between 18 and 35 and looking for something new to do on a Friday night? Come along to meditate, explore the teachings of Buddhism and connect with like-minded people. Every first Friday of the month with late night tea bar after

Women's class with **Karunagita** and invited guest presenters.
 Saturdays 13 Jan, Siddhisambhava, 10 Feb, 10 Mar, 2.15 - 5pm

Men's class with **Abhilasa and Kusala**
 Saturdays 20 Jan, 17 Feb, 17 Mar 21 Apr 2 - 5pm :

People of Colour Sangha Event
 with **Nandaraja, Jayakara & Suhjayini**
 Sun 25 Feb 10am - 4pm By donation
 An event for the People of Colour Sangha to come together to meditate and be inspired by the Buddha's teaching to free our minds.

Sangha's Got Talent with **Lottie, Fiona** and all of us.
 Sat 10 March 6 - 8pm By donation.
 An evening of entertainment from your very own Sangha. All talents welcome. Come to show off your talents or as part of the audience.

Exploring wisdom and insight with Karunagita and team
 Sat 3 Feb, 24 Feb and 17 Mar 2 - 5pm
 A short course exploring Buddhist insight through our direct, everyday experience using meditation, experiential exercises, discussion and pointers to try between sessions. For Order Members, Mitras and those with at least a year of experience of our core Triratna meditations

Booking Terms: Full payment is needed for all bookings. Payment can be transferred 72 hours before subject to a £10 administration fee. After this point no transfers will be made. Payments for retreats cannot be transferred. Payments are not refundable.

weekly classes

	daytime	evening
monday	drop in 1-2pm meditation intro level	drop in 6.30/7-9.30pm sangha night open to all
tuesday	drop in 1-2pm meditation intro level	drop in 7-9.30pm meditation & buddhism intro level and follow on
wednesday	drop in 1-2pm meditation regulars	please book 7-9.30pm buddhism courses level as advertised
thursday	drop in 1-2pm meditation intro level	please book 7-9.30pm buddhism courses level as advertised
friday	drop in 1-2pm meditation intro level	drop in 7.30 -9.30pm monthly full moon puja regulars
saturday	drop in 10.15am -12.45 meditation all levels	

North London **Buddhist** Centre
 72 Holloway Rd, London, N7 8JG
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www.northlondonbuddhistcentre.com



spring programme
january - april 2018