

## Tai Chi

Practice Class with Dharmakara

Thu 18.00-19.15 £8 / £6.

Yang short form for all levels.

For more info see website

or call Dharmakara : 07751 328569

## Mindfulness Approaches

For Depression and Pain & Illness

Courses include CDs, workbook & follow-up class

## Mindfulness Based Cognitive Therapy

For Coping with Depression

25 Apr Mon 19.00-21.00 9 weeks £160

29 Apr Fri 10.00-12.00 9 weeks £160 / £120

## Mindfulness for Pain Management

Living Well with Pain & Illness

13 Apr Wed 10.00-12.30 6 weeks £150 / £110

## Mindfulness Drop-in Classes

2nd Monday of each month 19.30-21.00

For people who have completed MBCT/MBSR or Pain Management courses.

Suggested donation £5

(£3 concessions and for carers card holders)

## Beauty of Mantra

with Mahasukha

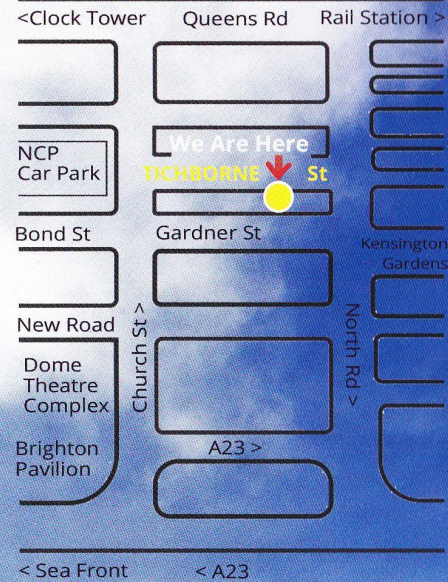
Magical candlelit evening of uplifting meditative and devotional Buddhist mantra with beautiful soulful harmonies.

Sat 12 Mar 7.30-9.30 £9 / £7

Sat 09 Apr 7.30-9.30 £9 / £7

Sat 14 May 7.30-9.30 £9 / £7

## BRIGHTON BUDDHIST CENTRE



### Brighton Buddhist Centre


17 Tichborne St, Brighton, BN1 1UR

01273 772090

info@brightonbuddhistcentre.co.uk

www.brightonbuddhistcentre.co.uk

Our reception and bookshop is open  
12.30-13.15 Monday - Friday.

 We have disabled access

The Brighton Buddhist Centre is run by the Triratna Buddhist Community (Brighton). Registered Charity No. 273682. Trustees are members of Triratna Buddhist Order.

The Triratna Buddhist Order also run classes in Lewes, Eastbourne, Worthing and Hastings. For details see website.

Want to find out more about the activities of the Triratna Buddhist Community? See the **Triratna Community** area on our website or pick up our **Triratna Community Programme** at Brighton Buddhist Centre.

# BRIGHTON BUDDHIST CENTRE

Buddhism  
Meditation  
Mindfulness

Tai Chi  
Yoga

Winter/  
Spring  
2016



 TRIRATNA BUDDHIST COMMUNITY  
www.brightonbuddhistcentre.co.uk

**Welcome** to our general programme with information about our introductory Meditation & Buddhism courses, drop-in classes, Mindfulness based courses & classes, Yoga & Tai chi.

## Meditation & Buddhism Courses

These courses introduce mindfulness and loving kindness meditation practices and give an essential grounding in Buddhist teachings.

*Part 1 courses include an optional practice day on a Sunday 10.30 - 4pm ; dates indicated below in italics.*

### Introductory Course Part 1: Learn to Meditate

Wednesday evenings 7 weeks  
19.30-21.45 £90 (£65/£40)\*

20 Apr (29 May) 08 Jun (10 July)

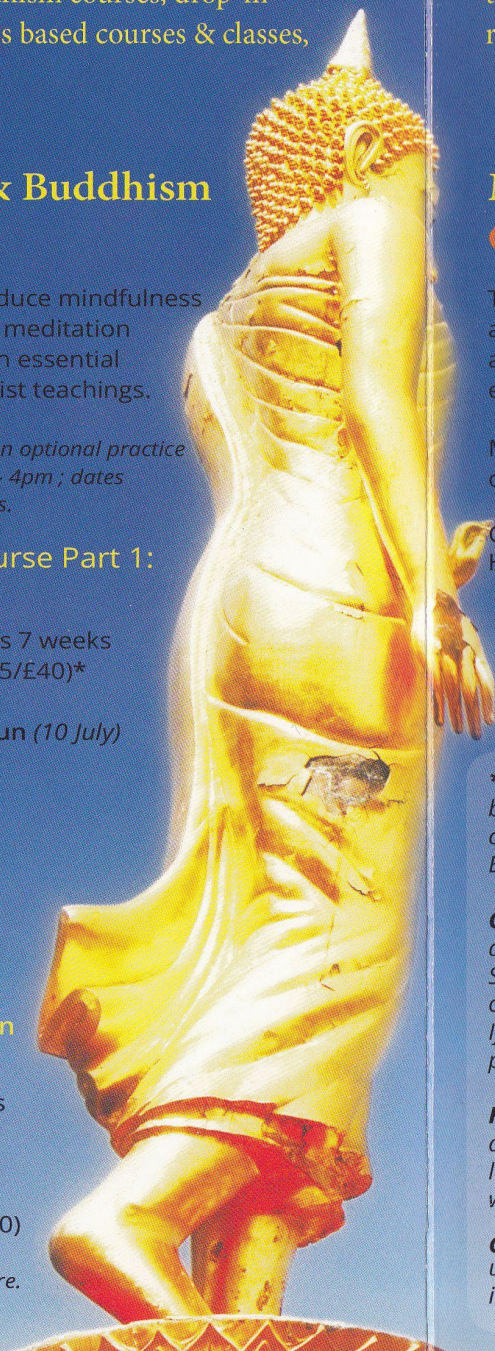
## Meditation & Buddhism

### Events

#### LGBT Buddhism & Meditation Day Retreat For Women

with Muditakari  
Suitable for all levels  
of experience

Sun 24 Apr  
10.30-16.30 £30 (£20)  
Please bring vegan/  
vegetarian lunch to share.



## Step into the world anew

Understand yourself in a new light: the ancient teachings of the Buddha re-interpreted for today.

## Meditation & Buddhism Classes

These drop-in classes introduce mindfulness and loving kindness meditation practices and are suitable for people new to meditation and experienced people.

Meditating in the company of others can help to create a calm, clear and kind approach to life.

Classes run all year around except Xmas / Bank Holidays. Please arrive 5-10 mins before a class.

**Please see our website for days and times of our Meditation and Buddhism drop-in classes**

**\*BOOKING** Please book in advance, full payment with booking. Payment can be made online, by phone, post or in person. Cheques should be made out to 'Brighton Buddhist Centre'.

**CONCESSIONS** We offer concessions to full-time students and people on Job Seeker's Allowance and Income Support. Our Meditation and Buddhism courses also offer a mid-rate concession to people on a low income. If you still find it difficult to attend with these concessions please contact us.

**HOW YOU CAN HELP THE CENTRE** We try to make our activities available to all and welcome any donations large or small. Donations can be made through our website, by phone or in person at the Centre.

**GIFT AID** For tax payers, filling in a Gift Aid form allows us to claim the tax you have paid on your donation, increasing your donation by 25%.

## Yoga & Meditation Mornings

Sundays with Vidyadasa 09.30 - 12.30 £20 (£15)  
13 Mar 15 May

## What is Mindfulness Yoga? Workshop

24 Apr Sun with Sudhaka 9.30-1.30pm £30 (£20)

## Yoga & Meditation Day

### Celebrate International United Nations Yoga Day

Special workshop day with variety of practices see website for info

19 Jun 09.30-4.00pm with Vidyadasa £40 / £30

## Yoga Classes

Yoga drop-in classes are suitable for all levels of experience. Equipment is provided. Please wear comfortable clothing. Classes run all year round except Xmas / Bank holidays. No need to book. Classes are 75 mins and cost £8 (£6 concession) except Friday Yoga & meditation class which is 90 mins. Doors open 15 mins prior to class.

## Yoga Loyalty Card

Ask at reception, attend 9 classes - 10th is free!

	Time	Style	Teacher
Mon	13.00	Vajrasati	Jim Tarran
	18.00	Hatha	Vidyadasa
Tue	13.00	Iyengar	Randall Evans
	18.00	Hatha	Vidyadasa
Wed	13.00	Hatha	Vidyadasa
	18.00	Hatha	Salma Darling
Thu	13.00	Vajrasati	Jim Tarran
	18.00	Hatha	Tabitha Tarran
Fri	10.00	Yoga & Meditation (90 minute class)	Vidyadasa
	13.00	Iyengar	Randall Evans
	18.00	Vajrasati	Jim Tarran
Sat	09.30	Classic	Kevin Donovan