

# NLBC CALENDAR for SEPTEMBER

## **INTRODUCTORY BUDDHISM COURSE with Satyanathin**

**Tues 6 Sept - 4 Oct** 5 Tuesday evenings 7pm - 9.30pm

Introducing the key teachings of Buddhism and how these apply to us in our own lives. The class will start with a period of meditation. You need to know our basic meditation practices: the Mindfulness of Breathing and the Metta Bhavana. £50/25

## **MBCT (MINDFULNESS BASED COGNITIVE THERAPY) FOR DEPRESSION**

with **Pippa O'Connor**

**Wed 7 Sept – 26 Oct** 8 Wednesday evenings 7pm - 9pm

An 8 week course which aims to prevent further episodes of depression.  
£185/145 (Includes materials). Booking required.

## **FULL MOON PUJA**

with the Friday class team **Fri 9 Sept 7.30pm**

## **INTRODUCTORY MEDITATION DAY with Suddhaka**

**Sat 17 Sept** 10am - 5pm

An opportunity to learn our two basic meditation practices in the context of a day retreat at the centre. £30/15 Booking required.

## **DAY RETREAT with Palaka**

**Sun 18 Sept** 10am – 5pm

Join us for the next in the series of these increasingly popular day retreats. For those who already know the Mindfulness of Breathing and Metta Bhavana practices. Bring vegetarian lunch to share. By donation.

## **YOGA AND MEDITATION DAY with Amanda Owen and Santva**

**Sat 24 Sept** 10am – 5pm

Buddhist meditation is a natural extension of yoga asana practice. As we become more present to our physical experience our awareness of mind naturally deepens and clarifies. This day includes an introduction to meditation practices which cultivate a still, collected mind and a warmer, more open heart. Open to beginners as well as those already practising. £50/30. Booking required.

## **THE CUTTING EDGE OF MINDFUL AWARENESS:--MEDITATION DAY RETREAT**

with **Rupavati** **Sun 25 Sept** 10am – 5pm.

We will be exploring our experience within the context of the three lakshanas: Impermanence, Insubstantiality and Unsatisfactoriness. For regular meditators who know the Mindfulness of Breathing and Metta Bhavana meditation practices.

## **UPCOMING HIGHLIGHTS**

### **SAILING THE WORLDLY WINDS – INTERNATIONAL URBAN RETREAT**

With **Santva** and **Palaka** and friends. 8 – 15 October

### **TOWARDS IMPERTURBABILITY NAVIGATING THE WORLDLY WINDS**

**WEEKEND SANGHA RETREAT** With **Lalitaraja** and **Visuddhimati**

at Vajrasana Retreat Centre in Suffolk 18 – 20 Nov £130/90

A weekend of meditation, reflection and ritual invoking Akshobya.