

# Triratna Buddhist Community pathway if you want to deepen your commitment

Takes approx three to six months

Attend introductory drop-in classes

Take a meditation course

Take a Buddhism course

Attend Regulars night,  
Attend day retreats and weekend  
retreats  
Start making friends in the sangha

After approx one year

Becoming a mitra takes approx two to five years

Training for ordination takes approx four to ten years

Ask to join  
Friends study  
group

Continue to  
attend day  
retreats and  
weekend  
retreats, and  
start helping out  
at the Centre

Become a mitra,  
get involved in  
supporting  
Centre activities.  
Make friends  
with Order  
Members

Men mitra  
study

Attend mitra  
retreats and  
events

Women mitra  
study

Ask for Ordination,  
deepen  
friendships with  
the Order, support  
classes and  
courses, support  
the Order

Attend Training  
for Ordination  
retreats



Join the Triratna  
Buddhist Order.  
Continue to  
deepen practice  
and friendships

While this shows the path to deeper Triratna commitment,  
we welcome all practitioners at whatever level they choose to practise the Dharma