

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