



MELBOURNE  
BUDDHIST  
CENTRE

2018

# Retreat, Events and Festival Calendar

MELBOURNE BUDDHIST CENTRE  
ETHICS | MEDITATION | WISDOM

**Retreats** offer the opportunity to deepen your meditation practice and understanding of Buddhism and apply these to our daily life. Retreats are held in the countryside away from the city allowing you to take a break from your daily routine and connect more fully with the natural environment, personal reflection and practice.

**Sesshin** is a six hour intensive period of meditation, involving six sessions of sitting meditation interspersed with periods of walking meditation. Held on Sundays in the shrineroom of the Melbourne Buddhist Centre.

**Buddhist festivals** are an opportunity to celebrate the Buddha, Dharma and the Sangha and other significant events with our community of Buddhist practitioners.

For bookings, more details and additional events see the Melbourne Buddhist Centre website – [melbournebuddhistcentre.org.au](http://melbournebuddhistcentre.org.au)



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Month		Retreats
January	14 21	Meditation Intro Day at MBC Buddhism Intro Day at MBC
February	4 9-11	Day Retreat with Danapriya Compassionate Communication Women's Weekend Retreat
March	9-12 11 16-18	Young Dharma Retreat Nidana Chain Day Retreat Order/Mitra Weekend with Lokeshvara
April	1	Day Retreat with Lokeshvara
May	18-20	Sesshin Weekend Retreat
June	15-17	Mixed Order Gathering
July		
August	17-26	Mind Fully Alive Meditation Retreat led by Maitripala
September	9	Ratnasambhava's Delight Day Retreat led by Amalavajra
October	26-28	Detox Your Heart Retreat with Vimalasara
November		
December	28- 1 Jan	Ways to Insight – 5 Day Retreat with Maitreyabandhu

	Sesshins
28	Sesshin Day Retreat 10am – 4pm
25	Sesshin Day Retreat 10am – 4pm
25	Sesshin Day Retreat 10am – 4pm
22	Sesshin Day Retreat 10am – 4pm
	Day Sesshin this month replaced by Sesshin Weekend Retreat
24	Sesshin Day Retreat 10am – 4pm
15	Sesshin Day Retreat 10am – 4pm
12	Sesshin Day Retreat 10am – 4pm
16	Sesshin Day Retreat 10am – 4pm
21	Sesshin Day Retreat 10am – 4pm
18	Sesshin Day Retreat 10am – 4pm
16	Sesshin Day Retreat 10am – 4pm

	Buddhist Festivals/ Events
15	Parinirvana Puja - Thursday Night
4	Sydney Road Street Party
7	Triratna Order Day 50 <sup>th</sup> Anniversary of the founding of the Order
26	Buddha Day Festival
28	Dharma Day Festival
25	Sangharakshita's Birthday Celebration (actual Birthday is 26 August)
20	Padmasambhava Puja - Thursday Night
13	Dr Ambedkar Day, led by Carunetra
24	Sangha Day Festival

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