

MELBOURNE BUDDHIST CENTRE

ETHICS | MEDITATION | WISDOM

Retreats offer an important opportunity to deepen your meditation practice and understanding of Buddhism. Weekend 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.

Silent Meditation Day Retreat is a six hour silent period of meditation, with sitting meditation interspersed with periods of walking meditation. Suitable for regular meditators and 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. All Welcome.

For bookings, more details, centre information and additional events see the Melbourne Buddhist Centre website at melbournebuddhistcentre.org.au



MELBOURNE
BUDDHIST
CENTRE

2019

Retreat, Events and Festival Calendar

Month		Retreats
January	13 20	Intro Meditation Day Workshop Buddhism Day Workshop
February	1-3 24	Woman's Retreat – Heart Sutra Mantra and Harmony Day Retreat
March	2 8-11 17	Day Retreat with Munisha Order/Mitra Retreat with Siladasa Day Retreat with Udara
April	5-7	Men's Retreat led by Dhammakumara
May	11 17-19	Order/Mitra Day with Lokeshvara Open Weekend Retreat led by Lokeshvara
June	7-10	Silent Meditation Retreat
July	5-7	Mixed Order Gathering Weekend
August	11	Day Retreat with Dhiramani
September	15 21-29	Chanting/Meditation Practice Day Satipatthana Retreat led by Maitripala
October	25-27	Family Retreat
November	1-5 8-10	Young Persons Retreat Open Weekend Retreat
December		

	Silent Meditation Day Retreat Sundays 10am – 4pm
27	Silent Meditation Day Retreat
17	Silent Meditation Day Retreat
31	Silent Meditation Day Retreat
28	Silent Meditation Day Retreat
26	Silent Meditation Day Retreat
	Day Retreat this month replaced by Silent Meditation Weekend Retreat
28	Silent Meditation Day Retreat
25	Silent Meditation Day Retreat
27	Silent Meditation Day Retreat
24	Silent Meditation Day Retreat
22	Silent Meditation Day Retreat

	Buddhist Festivals/ Events
14	Parinirvana Puja (Thursday Night)
3	Sydney Road Street Party (Sunday)
7	Triratna Order Day (Sunday)
4	Buddha Day Festival (Saturday)
20	Dharma Day Festival (Saturday)
24	Sangharakshita's Birthday Celebration (Saturday)
10 12	Padmasambhava Puja (Thursday Night) Dr Ambedkar Day (Saturday)
16	Sangha Day Festival (Saturday)

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