

MELBOURNE BUDDHIST CENTRE

ETHICS | MEDITATION | WISDOM

Retreats offer a transformative experience to go deeper with meditation and understanding of Buddhism. Weekend retreats are held in the countryside allowing you to take a break from your daily routine and connect more fully with the natural environment, personal reflection and practice.

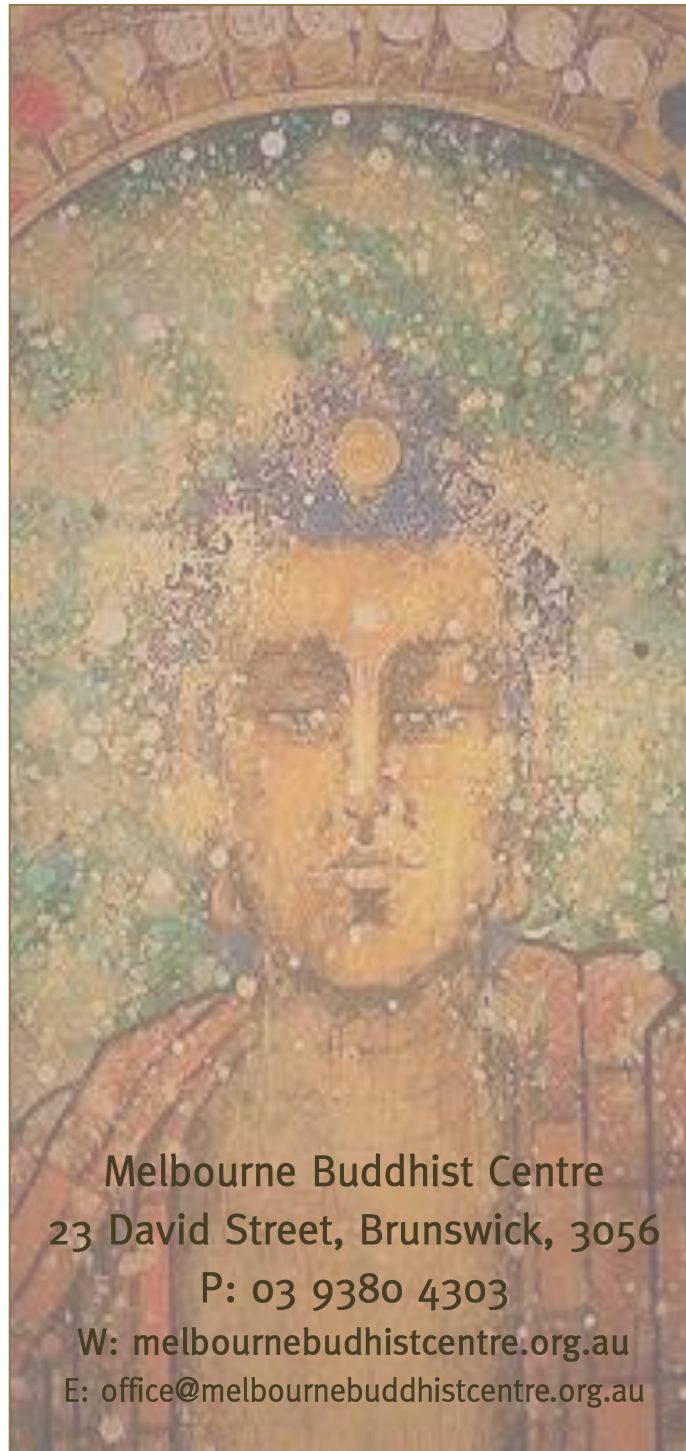
Day retreats are held at the MBC.

Meditation Day Retreat a six hour silent period of meditation, with sitting meditation interspersed with periods of walking meditation. Suitable for regular meditators on Sundays from 10am - 4pm at the MBC.

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

All Welcome

To book and further details go to melbournebuddhistcentre.org.au



MELBOURNE
BUDDHIST
CENTRE

2020
Calendar
Retreats, Events
And Festivals

January

- 12 Buddhism Intro Day Retreat
- 19 *Empathy* Day Retreat – Shantigarbha
- 26 Meditation Day Retreat

February

- 2 Meditation Intro Day Retreat
- 16 Meditation Day Retreat
- 20-26 *Compassion and Emptiness* Order/Mitra Retreat – Tejananda

March

- 1 Day Retreat - Tejananda
- 22 Women's Day Retreat – Sudaya
- 29 Meditation Day Retreat

April

- 9-13 Easter Retreat – Lokeshvara & Siladasa
- 19 Order/Mitra Day - Lokeshvara
- 26 Meditation Day Retreat

May

- 9 Buddha Day Festival
- 15-17 Intro to Meditation Weekend Retreat
- 24 Meditation Day Retreat
- 29-31 Men's Weekend Retreat - Manjusiddha

June

- 5-8 Meditation Intensive Retreat
- 19-21 Mixed Local Order Gathering

July

- 4 Dharma Day Festival
- 10-12 *Root Verses of the Bardo* Weekend Retreat – Achala
- 19 *Impermanence* Day Retreat – Achala
- 26 Meditation Day Retreat

August

- 16 Men's Day Retreat - Siladasa
- 27 Sangharakshita Birthday Puja Night
- 30 Meditation Day Retreat

September

- 6 Creative Writing Day Workshop
- 18-20 Family Weekend Retreat - Rijumayi
- 26 Padmasambhava Day
- 27 Meditation Day Retreat

October

- 9-11 Women's Weekend Retreat – Sudaya
- 11 Men's Mitra Day - Apada
- 25 Meditation Day Retreat
- 31 *Forest Edge* Order Retreat – Maitripala (31 Oct – 11 Nov)

November

- 20-22 Sangha Retreat
- 28 Sangha Day Festival
- 29 Meditation Day Retreat

December

- 20 Meditation Day Retreat