

Course dates for Autumn 2008

Breathing into Awareness

29th September

7- 9.15pm for 5 weeks followed by a day retreat on **Saturday 1st November**

Opening to Kindly Awareness

10th November

7- 9.15pm for 5 weeks followed by a day retreat on **Saturday 13th December**

Cost for each course, including the day retreat:

£60/£30 (concession).

Please book to reserve a place.

We have an online booking service on our website, or you can book by phone, email or post using the address on the front of the leaflet.

For all enquiries please contact us at this address.

FWBO Leeds registered charity no. 515679

Classes are held at:
Swarthmore Education Centre
2 - 7 Woodhouse Square, Leeds, LS31AD

Getting there

By foot

Swarthmore Centre can be reached either by the footbridge from Great George Street, or from Clarendon Road, 5 minutes walk from the Town Hall and the Headrow.

By bus

Bus no. 56 stops at the top of Clarendon Road. Bus nos. 50 and 49 stop on Park Lane/Westgate by Park Lane College.

By car

Swarthmore Centre can be reached from the Inner Ring Road, exiting at the Westgate turn-off. Turn right immediately before Park Lane College and continue into Woodhouse Square. It is usually possible to park near Joseph's Well after 6.30pm



leeds buddhist centre Autumn 2008



meditation and buddhism introductory courses

FWBO Leeds Buddhist Centre
PO Box 448
Leeds LS7 9BB
tel: 0113 278 3395
email: enquiries
@leedsbuddhistcentre.org
www.leedsbuddhistcentre.org



Introductory Courses

We offer two courses in meditation and Buddhism at Leeds Buddhist Centre. Either is appropriate for newcomers interested in exploring Buddhist meditation and basic Buddhist principles. Both courses run throughout the year.

Each course consists of 5 Monday evenings, followed by a day retreat to give a deeper experience of meditation.


Breathing into Awareness

In this course we explore a practice called the **Mindfulness of Breathing**, a simple and direct way of developing awareness and calm. By coming back to the sensations of the breath we are able to cultivate calm, clarity, and a relaxed concentration and presence.

Opening to Kindly Awareness

In this course, we explore the **Metta Bhavana**, a practice which allows us to cultivate emotional warmth, kindness and friendliness towards ourselves and others. This enhances awareness of our responses to others and allows us to interact in an increasingly positive way with the world around us.

Both courses include **Just Sitting meditation**, an unstructured practice which complements the meditations above.




We will tell you how to prepare for and how to finish your meditation practice along with some useful tips and techniques around how to apply yourself in the practices.

Course content

The courses are an opportunity to learn about Buddhism and meditation and explore these in relation to our own lives, in a friendly and supportive environment. We use short meditation sessions, together with talks, workshops and discussion. Along with meditation practices we will also be looking at some important aspects of the Buddha's teachings. What we cover in each course varies, but some examples of what we might look at are:

- What is Buddhism?
- Who is the Buddha?
- Our potential for change and awakening
- Exploring our connection with others
- Ethics - the five Buddhist precepts
- Buddhist symbols and ritual - connecting body, speech and mind
- Practicing for others - the altruistic side of Buddhism



We get the greatest benefit from meditation if we do it regularly and we will have a look at a few things that might help you set up a regular practice. So that people get the most benefit from a course, we encourage you to practise at home between classes.

Anyone who is familiar with the Mindfulness of Breathing and *metta bhavana* practices either through our courses or elsewhere, is welcome to attend other activities with FWBO Leeds.

We have a regular meditation evening, weekend and day retreats, some study groups, and evenings for ritual/devotional practice. You can get an idea of what's on from our website, or contact us at the address on the front of this leaflet and we will send you a program.



The FWBO (Friends of the Western Buddhist Order) is a new tradition, drawing from different Buddhist traditions and presenting the Buddha's teachings in a way that is accessible to many of us in the west.