

August Programme

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 Sangha Evening 7-9pm	2 Daytime Buddhism 6wk course starting 10am-12pm	3	4	5
6 Learn to Meditate 6wk course starting 10-12noon	7 Learn to Meditate & Buddhism for the West 6wk course 7-9pm	8 Sangha Evening 7-9pm	9	10	11	12
13	14	15 Sangha Evening 7-9pm	16	17	18	19
20	21	22 Sangha Evening 7-9pm	23	24	25	26
27	28	29 Sangha Evening 7-9pm	30	31	CHECK THE WEBSITE FOR ADDITIONS TO THE PROGRAMME	

The Still Pool - 2-day Intensive with Satyadevi Sat 30 June & Sun 1 July, 10am to 4pm each day

This "urban" retreat at the Sydney Buddhist Centre is for those who have attended one of Satyadevi's previous workshops inspired by the four foundations of mindfulness (from the Anapanasati Sutta). Saturday will begin with a morning of revision on Body/Breath/Mind awareness and posture using the first (body) tetrad, followed by an afternoon session on the development of kindly awareness (metta) using the second (feeling/vedana) tetrad of the sutta. On Sunday, we will link a deepening practice of Just Sitting with a series of reflections on The First Noble Truth and Impermanence - based on the third and fourth tetrads of the Anapanasati Sutta. Please wear comfortable loose-fitting clothing, bring food for a shared lunch both days - and a small pile of thin books eg. Readers Digests.

Qi Gong and Meditation Day with Jenny Cornish Sunday 22 July, 10am to 4 pm

Qi Gong is a practice of flowing movements that develop balance, strength, awareness of body-mind connection, and our Qi (also known as Chi or life energy). These workshops offer a short introduction to the practice of Qi Gong and the positive affect that it can have for your meditation practice.

Upcoming events in September

- ☸ Learn to Meditate 6wk Course starting Weds 5th Sept
- ☸ Introduction to Zen Shiatsu Sunday 9th Sept, 10am to 4pm
- ☸ Padmasambhava Day Thursday 20th September, starting 7pm
- ☸ Awaken to the World Retreat: Tara the Protector Weekend Fri 21st Sept to Sun 23rd Sept
- ☸ Qi Gong and Meditation Day Sunday 23rd Sept, 10am to 4pm
- ☸ Family Retreat Sat 29th Sept to Tues 2nd Oct

Zen Shiatsu treatments with Belinda Watson

Treatments are holistic and aim to balance physical and emotional wellbeing, by relieving muscular pain and tension, encouraging deep relaxation and harmonizing energy. Cost \$80/hour.

Call Belinda for an Appointment
0425 222 599

June Programme

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
Women's Intensive Meditation Retreat: you can attend for the first weekend (thru Monday), first week, or full two weeks						
18	19	20	21	22	23	24
Women's Intensive Meditation Retreat, ends Saturday						
25	26	27	28	29	30	
Men's Meditation Retreat starts Friday						

▲ Men's study night 7-9:30
○ Women mitras' study night
◻ Morning meditation 7-8am
☪ Saturday meditation 9-10, 10:30-11:30 (Beginners drop-in)
☆ Puja (devotional practice) 7:30pm
ॐ Japanese meridian Yoga classes— Wed 5:30-6:45

July Programme

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 July Dharma Day 7pm start @ SBC	31 July	Learn to Meditate 6 wks course starting 7-9pm				1
2	3	4	5	6	7	8
Men's Intensive Meditation Retreat: you can attend for the first weekend, first week, or full two weeks						
9	10	11	12	13	14	15
Men's Intensive Meditation Retreat, ends Sunday						
16	17	18	19	20	21	22
23	24	25	26	27	28	29
Combined GFR Weekend Retreat						

▲ Men's study night 7-9:30
○ Women mitras' study night
◻ Morning meditation 7-8am
☪ Saturday meditation 9-10, 10:30-11:30 (Beginners drop-in)
☆ Puja (devotional practice) 7:30pm
ॐ Japanese meridian Yoga classes— Wed 5:30-6:45

August programme and September highlights on reverse