On Sunday 15th February we celebrate Parinirvana Day. This marks the passing away of the Buddha when, his mind ever joyful and perfectly controlled, he entered deep meditation and died, casting off his body, freeing himself from any source of suffering or limitation and entering the bliss of total liberation - the meaning of Parinirvana.

We don’t say the Buddha died; we say he attained parinirvana. Nirvana, of course, means Enlightenment, and pari means ‘supreme’, so parinirvana means ‘supreme Enlightenment’. What then is the difference between nirvana and parinirvana? Well, none at all, really. When a Buddha attains nirvana, this is traditionally called the ‘nirvana with remainder’, because the Buddha still has a physical body. Parinirvana, on the other hand, is known as the ‘nirvana without remainder’ because the physical body is then no longer attached. This is the only difference – and this difference only affects other people, notably his unenlightened disciples. The nirvana is just the same. From the Buddha’s point of view, there is no difference at all between the two states. Before death or after death, the experience, whatever it is – and we cannot know or describe it – is exactly the same.” From Who is the Buddha? by Sangharakshita.

The three festival days are included in the list because they are held at full moon. Festivals have a bigger programme, to be drawn up the year’s complete programme by Sangharakshita. Regular puja dates are listed with the announcement nearer their time.

On this weekend, led by Tejanada, you will be able to explore Formless Meditation by combining just sitting with simple, subtle and insightful ways of exploring direct experience. This is a way to open the heart and mind to the depths and unsuspected potential of awareness itself. The event is open to all who’ve done Buddhism 2. It will be held from Sat 7 Feb until Sun 8 Feb, 10am to 5pm in the Vajra Hall.

The programme is:
Day 1: Exploring the body in the system of meditation
Day 2: Exploring the body in formless meditation.

You can come on either day and the cost is £80/ £60 /£40 for both days and £40/ £30/ £20 for one day.

**Parinirvana Day**

The day’s programme is:
2.5pm Afternoon of practice - two traditional meditations and reflection practices on Death
5.30 – 7pm Shared meal
7pm Evening starts with a talk from Siddhisambhava, ‘What Should I do?’ This is based on the phrase from the 2000 year old reflection: ‘Since death alone is certain, and the time of death is uncertain, what shall I do?’

Then on Sangha Night Monday 16th Siddhisambhava returns with another talk: ‘Let’s Talk about Money: a Kind of Awareness’.

Siddhisambhava is the FWBO fundraiser in the FWBO development team. Her first task has been a successful appeal to raise money for Bhante Sangharakshita in his retirement. Now she’s turning her attention to helping centres with fund raising - which is good news for us! This talk is not a fund raising talk though. It is about how, as a Buddhist, do we practice with money. Siddhisambhava is a wonderful speaker, so please do come along.

**Formless Meditation and the Body**

The programme is:
Day 1 - Exploring the body in the system of meditation
Day 2 - Exploring the body in formless meditation.

You can come on either day and the cost is £80/ £60 /£40 for both days and £40/ £30/ £20 for one day.

**Song of a Yogi’s Joy**

A Day with Kavyasiddhi
Sat Feb 21st 10am - 4pm

The greater the distress and passions,
The more can one be blithe and gay!
What happiness to feel no ailment or illness;
What happiness to feel that joy and suffering are one

Milaarepa - Song of a Yogi’s Joy

Milaarepa was a hermit who lived in a cave. He liked to meditate. Occasionally he would meet someone who would ask about what he’d learned: in reply, he would sing them a song:

100,000 songs, according to legend (there are a lot of legends around Milaarepa).

From sorcerer to master of ‘mahamudra’, Milaarepa directly saw the nature of mind and reality - and it made him laugh. Looking at the text of one of his ‘songs’, we’ll see how it’s possible to find freedom when reality bites.

Suitable for all who have completed Buddhism 2. The cost of the day is £40/ £30/ £20 for waged/ low-waged/ concessions. Bring veggie lunch to share (nettle soup, anyone?).

**Full Moon Pujas**

The Full Moon Puja Group met recently to draw up the year’s complete programme for 2009. Full Moon Pujas will be held at a slightly earlier time, to take account of the earlier start time for regular classes. So apart from January’s puja, which started earlier start time for regular classes. So slightly earlier time, to take account of the full moon!

<table>
<thead>
<tr>
<th>Date</th>
<th>Puja</th>
<th>Time</th>
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<tbody>
<tr>
<td>Jan 11</td>
<td>Sun 6pm Vajrasattva</td>
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<tr>
<td>Feb 09</td>
<td>Mon 5.45pm White Tara</td>
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<tr>
<td>Mar 11</td>
<td>Wed 5.45pm Akshobya</td>
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<tr>
<td>Apr 09</td>
<td>Thur 5.45pm Vajrapani</td>
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<tr>
<td>May 09</td>
<td>Sat 5.45pm Wesan Day</td>
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<tr>
<td>Jun 07</td>
<td>Sun 5.45pm Kwan Yin</td>
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<td>Jul 07</td>
<td>Tue Dharma Day</td>
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<td>Aug 06</td>
<td>Thur 5.45pm Ratnasambhava</td>
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<td>Sep 04</td>
<td>Fri 5.45pm Amitabha</td>
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<td>Oct 04</td>
<td>Sun 5.45pm Shakyamuni</td>
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<td>Nov 02</td>
<td>Mon 5.45pm Sangha Day</td>
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<tr>
<td>Dec 02</td>
<td>Wed 5.45pm Padmasambhava</td>
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<tr>
<td>Dec 31</td>
<td>Thur 5.45pm Amoghasiddhi</td>
<td>(New Year's Eve and full moon!)</td>
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**NEW ICE AGE**

Green shrubbery doomed: Ice gets its spears into place, whitens our fingers.

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**Manchester Buddhist Centre**

**February 2009**
Sangha Night Classes for February and March

Firstly, I want to tell you that Prabhavasara has dropped out of involvement with the class. He has been helping to run the class for two years now and would like a break. I’d like to thank him for all his hard work over the last couple of years, arranging themes and speakers, as well as teaching himself. I’m sure he will be missed. The good news is that Mahabodhi will be joining us, and I hope to get one or two more Order members interested.

Our present course on recollection of the Buddha will come to an end of the 9th February, with a talk by me called The Buddha Archetype. In that talk I plan to look at the more symbolic, archetypal Buddha of the Mahayana Sutras, and ask the question – Why?

Then on the 16th Feb, Siddhisambhava will be visiting us and giving a talk. (More details on this elsewhere in this Newsletter).

On the 22nd Feb we’ll begin the second part of our exploration of the anussatis’, this time recollecting the Dharma (Dhammanussat). To do this I thought that we’d have a look at three texts – one from the so-called Hinayana (early Buddhism), one from the Mahayana and the third from the Vajrayana. I also thought that, as we’ll have had six talks on the Buddha, it would be good to explore the Dhamma more interactively. So, I’ll have a text ready each week and I’ll say a little about it before we break into groups to discuss it. After a break, a spokes-person from each group will report to the rest of the class their main findings, questions and conclusions to their discussion.

I haven’t made a definite decision on exactly which texts we’ll explore, but I’m thinking of the Kalama Sutta for the first two weeks (Hinayana). This is the text which recounts the meeting between the Buddha and the Kalamas – a tribe of people who have become confused since a series of wandering holy men have been to their village, each one proclaiming their own teachings as the only one true and disparaging the teachings of others. The Kalamas ask the Buddha how they can come to their own conclusions to their discussion.

I’ll have a text ready each week and I’ll say a little about it before we break into groups to discuss it. After a break, a spokes-person from each group will report to the rest of the class their main findings, questions and conclusions to their discussion.

Do you want to have fun and connect with the sangha?

Do you want to have fun and connect with the sangha?

This weekend retreat is based on a highly successful weekend retreat that Sona and Vidyamala led in Sweden last autumn. They wanted to offer it to the Manchester sangha as well - so be there or be square!

Do you want to have a deeper understanding of the Buddha’s teaching on impermanence and emptiness?

Do you want to have a deeper understanding of the Buddha’s teaching on impermanence and emptiness?

Details:
The retreat runs from 13th March, Friday afternoon, to Sunday 15th March, 3.00pm and is suitable for anyone who has attended a Buddhism introductory course.

It will be held at Rotary Centre, Castleton, in the hills of the high peak. So there will be the chance to chill and chat. It will cost £85/£75/£65 (Waged/ Low-waged/ Concessions). Book at receptions and on booking, please state if you will drive, can offer lifts or need a lift.

Do you want to know why all emotions are painful?! (or are they?)

Do you want to know why all emotions are painful?! (or are they?)

teachings are to be relied upon, and which to be rejected. The Buddha’s answer is justly famous for the very skillful way he shows them how they can come to their own conclusions.

For the third and fourth weeks (Mahayana) I’d like to look at a part of the Kadamthorbu (Precepts Gathered from Here and There). This is a wonderful text, with teachings from Atisha, the Indian monk who went to Tibet to teach the Dharma there. Some of the teachings in this text are also by some of Atisha’s disciples, namely the Layman Drom! They are very practical, down-to-earth teachings (hence the word precepts), with a strong emphasis on compassion and Bodhicitta.

For the remaining two weeks I’m thinking of a chapter from The Life and Liberation of Padmasambhava (Vajrayana). This is a different kind of text – more symbolic, mythical and magical than the others I’ve chosen, although it also has some very down-to-earth teachings too.

Three wonderful texts, expressing the essence of the Dharma in their various ways. I’m really looking forward to it!

We will also be practising the Dhammapassatt meditation and learning the Dhammavandana chant (see elsewhere in this Newsletter for a copy of this).

Schedule:

February 23rd – Hinayana – The Kalama Sutta
March 2nd – Hinayana – The Kalama Sutta
9th – Mahayana – Precepts Gathered from Here and There
16th – Mahayana – Precepts Gathered from Here and There
23rd – Vajrayana – The Life and Liberation of Padmasambhava
30th – Vajrayana – The Life and Liberation of Padmasambhava

Looking forward to seeing you there.

Ratnaguna.

More From the Cliff

I suffer from that Working Class affliction, ASK (Assumed Shared Knowledge). It doesn’t merit counselling or even much sympathy but it does mean I occasionally skim on explanations. Take that piece I wrote last month on the Blue Cliff Community. Well I didn’t make it clear how my mention of ‘Blue Cliff’ was a reference to the name of our lovely community. It’s a bit of a devil this ASK syndrome I can tell you.

Anyway, talking of the Blue Cliff Community has reminded me of a bit of information Tony our Library volunteer told me. Apparently, many years ago, trams used to run quite near to the community house and as the land at the cliff edge eroded the tram lines were abandoned. On my way to work on Tuesday I was delighted to find the remains of one track sticking out of the ground. The history of the Cliff came alive for me as I imagined the trams back in the 1920’s whizzing by up by Bury New Road. I find myself drawn to discover more about the area surrounding the community.

Future musings on life on the Cliff and in the Blue Cliff Community may include mention of the football training ground where old heroes used to run about. And what about The Blue Cliff Records study seminar?

There’s a place in the community available from around end Feb!  metta, Sanghaketu

[Note from editor: The Blue Cliff Record is an ancient Chinese collection of 100 Ch’an (Zen) koans by Pi Yen Lu. Koans are impossible propositions or questions which are nevertheless taken up as an aid to directly seeing Ultimate Reality or Absolute Truth. More recently our own Vidyamala introduced ‘Dharma knots’ on a 2007 Sangha Night - our very own personal koans produced from bits of Dharma that we never quite get to the bottom of, that we turn over again and again, that we know have something in them but we can’t quite see it, yet. If you have any good ones you could send them to us.

The Cliff - Manchester United FC training ground from 1951-1999. Located in Broughton, Greater Manchester, it is still used for matches by the clubs academy sides and for training by Salford City Reds rugby league team.]

Do you want to live in a Community?

Paul, Richard, Andrew, Richard and Upeksapriya are looking for a guy to come and live with us on the edge of Kersal Dale nature reserve. We live in Akashaloka community, a large, spacious and quiet house, secluded and peaceful, two miles north of the city centre. We enjoy a friendly and supportive atmosphere, are flexible and accommodating to newcomers - ideal for cultivating a strong practice.

A good sized bedroom looking out over the woods at £56 per week plus bills and food. If you’d like to meet us and/or view the room contact us on 0161 708 0042 or akashaloka@coolcave.co.uk

WHAT MAKES YOU NOT A BUDDHIST?

Do you want to go away on a weekend retreat with Vidyamala and Sona and get to know two of the most experienced Order members around the Manchester Sangha?

Do you want to take part in provocative and playful discussion about the essentials of the Buddhist life by investigating what is optional and what is central, using the model of the four seals from Tibetan Buddhism?

Do you want to have a deeper understanding of the Buddha’s teaching on impermanence and emptiness?

Do you want to know why all emotions are painful?! (or are they?)

Do you want to have fun and connect with the sangha?

This weekend retreat is based on a highly successful weekend retreat that Sona and Vidyamala led in Sweden last autumn. They wanted to offer it to the Manchester sangha as well - so be there or be square!

Details:
The retreat runs from 13th March, Friday afternoon, to Sunday 15th March, 3.00pm and is suitable for anyone who has attended a Buddhism introductory course.

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Hello to you all. I’m writing this from my sister’s house in Quedgeley (Gloucester), because her husband and my stepfather have both been very ill, and I came down here last Tuesday to try to give some support and to help out. My sister’s husband died at the weekend (aged 38) and my stepfather is too ill to return home from hospital, and will be moved to a nursing home today or tomorrow.

I’m staying with my mother but she doesn’t have access to the internet, hence I’m at my sister’s house. So we’ve all been having a strong dose of old age, disease and death, and once again I feel so lucky to have encountered Buddhism and the sangha.

However, I wanted to write something for the Newsletter (Nishpara kindly agreed to extend the deadline for me) because I have some news. Before I give you that news though, let me just quote the beginning of an article I submitted for last May’s issue of this Newsletter:

“As you may know, the Centre began to experience financial difficulties about two years ago, making a loss of around £4,000 a month. Last year we reduced that loss to £2,000 a month. This year we aim to reduce that figure further so that we end the year with no deficit. After that we need to start building up our reserves so that we are on a more secure financial base; we need to work on the fabric of the building (which we have had to postpone for the time being); and we also want to expand our Dharma-teaching activities. This year’s project though is simply to make sure that we balance our income and expenditure.”

I then said that I had been asked by the Trustees to raise an extra £10,000 for 2008, through Standing Orders (including Gift Aid). This is to let you know that we met that target and we did indeed balance our books for 2008.

So, once again I’d like to thank all those of you who are contributing in this way for your wonderful generosity. Without your contributions the Centre wouldn’t be able to continue.

I’d also like to thank the Abundant Treasures fund-raising team – Hilary, Prabhavasara and Nishpara – for all their consistently hard work last year.

So we are turning our financial situation around, but there is more to do. Now we need to begin to build our reserves again and do some much needed (and much postponed!) work on the fabric of the building. For instance, we need to build a new fire-escape and we need to repair the windows, guttering and wall at the back of the building. The longer we leave those jobs, the more expensive the repair-bill when we finally get round to them.

Before the recession I thought that it would take about five years of consistent work to bring the MBC’s finances back to a healthy level, but the current economic climate is obviously going to make it harder for us. So it is now even more important for all of us to do whatever we can to keep our wonderful Buddhist Centre going.

If you don’t already have a Standing Order, please do think about doing so. No amount is too small – or too large!

If you pay tax, you can complete a Gift Aid Declaration, which means that for every £1 you give the Centre then receives an extra 28p from the Inland Revenue. That means that if you give £20 a month, the Centre receives an extra £5.60 a month in Gift Aid.

Please note the weekend event in July with Sona below.

Day events for all men mitras
All days are Sundays from 10.00 – 16.00:
February 22
November 22
Please note the weekend event in July with Sona below.

Evening events for men mitras
All evening events from 19.00 – 21.30:
May 27
July 14
October 21

Weekend event for men mitras and men who have asked for ordination
Saturday & Sunday 25 & 26 July: a weekend led by Sona.

Additional events for men mitras
Men’s Events at Padmaloka (for information go to www.padmaloka.org.uk)
Friday – Sunday Jan 30 – Feb 1
Friday – Sunday June 12 – 14
Friday – Sunday Oct 30 – Nov 1

With thanks, Ratnaguna
**Tiratana Vandana (Part 2)**

Svākkhāto bhagavatā Dhammo

sandithiko akāliko ehipassiko
opanayiko paccataṁ
veditabbo viññāhī ti

Dhammaṁ jivitapariyantaṁ saraṇaṁ gacchāmi

Ye ca Dhammā atīta ca
Ye ca Dhammā anāgata
Paccuppanṇā ca ye Dhammā
Aham vandāmi sabbadā

N'atthi me saraṇaṁ añaṁ
Dhammo me saraṇaṁ varaṁ
Etena saccavajjena
Hotu me Jayamagalaṁ

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**Salutation to the Dharma**

Well communicated is the Teaching of the Richly Endowed One,

Immediately Apparent, Perennial, of the Nature of a Personal Invitation, Progressive, to be understood individually by the wise.

All my life I go for Refuge to the Truth.

To all the Truth-Teachings of the past,
To all the Truth-Teachings yet to be,
To all the Truth-Teachings that now are,
My worship flows unceasingly.

No other refuge than the Truth,
Refuge supreme, is there for me.
Oh by the virtue of this truth,
May grace abound, and victory!
Our New Website is Here!
www.manchesterbuddhistcentre.org.uk

More new and interesting pages
New photos
Online booking

What’s new?
- More information about every aspect of the Buddhist Centre
- Online bookings
- Online subscribing to MBC News emails on the home page
- Sign up for podcasts of Talks on meditation and Buddhism
- A section for people who have been practising here a while, named Sangha

How do I find my way around?
- Check the navigation on the top and right hand side of the page
- To return to the home page – click the three jewels logo at top of page

How do I find information about what’s happening?
- Go to Events – see on the right there is a visual calendar of what’s on each day
- You can subscribe to MBC News on the home page for news and up to date news

Our Aims for the new website
- To increase access to what is on offer at the Buddhist Centre
- To increase income through fuller information about our services and facilities
  To create a site that can be easily administered by Centre team therefore more affordable
- To provide a new online bookings facility

Who created it?
- Creative Concern gave us the style
- Upekshapriya put this into WordPress with Aparajita, both from The Clear Vision Trust
- Vidyabhadri managed the project, creating content and deciding the site map
- Thanks to Hilary Saltburn for guidance and advice

Clear Vision!
If you haven’t visited the Clear Vision web-site recently then you may not have noticed how bright and new and clear it is. Here’s what Clear Vision says of itself on the site:

“Clear Vision is housed in a beautiful office at the top of the Manchester Buddhist Centre. It was founded primarily by Mokshapriya in the early 1990s to record the teachings of Sangharakshita, the founder of the FWBO. It produced lecture videos and newsreels for FWBO Centres and home use.

We became a registered charity in 1993, devoted to promoting Buddhism through the audio-visual media. With changes to the Religious Education syllabuses in England, our film-makers joined forces with Padmasri and Adiccabandhu, two very experienced primary school teachers. 1994 saw the first of a series of video packs for schools: Buddhism for Key Stage 2.

We hold the FWBO archive of images and video, and we have plans for more educational products, especially using interactive media. It all takes time, however, and we are a small but select team!”

So what’s new at Clear Vision?
The Life of the Buddha interactive!
This is their first online educational product and is for Key Stage 2&3 (teachers and kids will know what this means).

It’s seven chapters contain questions, short illustrated story videos and activities to be done on computer or elsewhere.

Ask A Buddhist!
Not exactly new but it continues to expand. This free video online FAQ section now features several new questions and new answers – from younger Buddhists. Why not have a look online?
www.clear-vision.org/Students/Default.aspx

Extensive photo archive
Clear Vision has now incorporated over 2,500 more images into its picture archive, which is now searchable and all images can be purchased and downloaded.

BOOKSHOP SALE
We’re having a 'Mid-Feb Fab Sale' in the bookshop. This is your chance to get that rupa or whatever you've been gazing at wistfully. Many bargains, I promise. See you there (here) mid-February. metta, Sanghaketu
Bodywise

Skilful Flirting at Bodywise - what a way to spend Valentine’s day – exploring the skills of flirting in a safe and playful environment. This workshop was developed to help you feel relaxed, confident and real when flirting and is suitable for anyone interested in personal growth and relating. It avoids gimmicks and techniques, exploring how one can be authentic, aware and playful when seeking a partner. Jayaraja and Lilamani have been running this workshop for 3 years, “resulting in a lot of flirting, playing, laughter, new relationships and at least one baby – for which we accept no responsibility”. Saturday 14 Feb, 10.30am-5pm Cost £33, bring a friend £44 each, bring 2 friends £35 each.

Also in February, Christine will be leading a yoga morning workshop entitled “Releasing the spine, calming the nervous system.” This will take place on Saturday 7 Feb, 10am-1pm and is suitable for people with at least 3 months yoga experience.

On Saturday 21 and Sunday 22 Feb, Manjudeva and Jutika will be leading an introductory workshop in Focusing. What would it be like if we really, deeply listened to beneath our usual stories and self analysis listening to deeper places within us. It gets

With Christine 10am - 1pm

Inner Yoga Trust are leading a yoga teacher training weekend (accredited by the British Wheel of Yoga) on Saturday 28th Feb and Sunday 1st March (10am to 4pm).

Bodywise are now running clinics for Shiatsu student practitioners. If you would like the opportunity of being treated by a supervised, third year Shiatsu student, the clinics will be taking place in the yoga studio on Monday mornings (about once or sometimes twice a month during the first 6 months of 2009). The cost is only £10 for a 50 minute session - advance booking is essential.

You are welcome to call in at Bodywise to discuss treatments or book classes or ring us on 0161 833 2526. We regret we are unable to take card bookings – cash or cheque only please.

Breathworks

The expansion of Breathworks activities over 2008 looks set to continue in 2009. Another 18 patients with chronic pain have been referred to the Breathworks Living Well with Pain and Illness courses this spring, as part of a research study funded by the Dalai Lama Foundation and implemented through Manchester University. Participants will undergo neurological scans and tests before and after the courses, in order to explore the impact of the Breathworks mindfulness programme on pain processing in the brain. Results will be processed in the second half of the year. Breathworks’ new Living Well in Schools programme is underway, as a pilot project funded by the government’s Mental Health in Schools initiative, teaching teachers to introduce mindfulness methods in the classroom. Children in Bury will soon be practising movement and breathing based mindfulness exercises during the school day. And of course we will continue to train trainers and to run our Living Well with Pain and Illness and Living Well with Stress courses through the year, dates of next courses in the calendar below.

Next Newsletter:

The deadline for next month’s edition of the newsletter is 20th February. Please email items to:

newsletter@manchesterbuddhistcentre.org.uk

Guideline: 150 to 400 words good, 500 - 800 words large and over 1000 a blockbuster.

To get this newsletter by email send details to:

info@manchesterbuddhistcentre.org.uk

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February

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Sun 01</td>
<td>A Day with Tara: meditation, ritual and devotion led by Sanghaketu</td>
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<tr>
<td>Mon 02</td>
<td>Sangha Night: The Buddha - Human but more than human with Dayanandi</td>
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<tr>
<td>Wed 04</td>
<td>Breathsworks: Living Well with Pain and Illness 8-week course starts at MBC</td>
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<tr>
<td>Sat 07</td>
<td>Bodywise: Yoga Workshop Releasing the spine, Calming the nervous system with Christine</td>
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<tr>
<td>Sat-Sun 07-08</td>
<td>Formless Meditation and the Body with Tejajanada</td>
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<td>Mon 09</td>
<td>Full Moon Puja to White Tara</td>
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<tr>
<td>Mon 09</td>
<td>Sangha Night: The Buddha Archetype with Ratnaguna</td>
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<tr>
<td>Sat 14</td>
<td>Bodywise: Skilful Flirting with Jayaraja and Lilamani</td>
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<td>Sun 15</td>
<td>PARINIRVANA DAY</td>
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<td>Mon 16</td>
<td>Sangha Night:</td>
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<tr>
<td>Sat-Sun 21-22</td>
<td>Bodywise: Focusing with Manjudeva and Jutika</td>
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<tr>
<td>Sat 21</td>
<td>Milarepa - the Song of a Yogi’s Joy; a day led by Kavyasiddhi</td>
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<td>Sun 22</td>
<td>A Day for Men Mitras</td>
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<tr>
<td>Mon 23</td>
<td>Sangha Night: Hinayana – The Kalama Sutta</td>
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<tr>
<td>Tue 24</td>
<td>Buddhism &amp; Meditation: Introductory, II and III. New six-week courses start</td>
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<td>Wed 25</td>
<td>Meditation: Introductory and Going Deeper. New six-week courses start</td>
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<td>Sat-Sun 28-01</td>
<td>Bodywise: Inner Yoga Trust Teacher Training</td>
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March

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<tr>
<td>Sun 01</td>
<td>Focusing in a Buddhist Context with Jutika</td>
</tr>
<tr>
<td>Mon 02</td>
<td>Sangha Night: Hinayana – The Kalama Sutta</td>
</tr>
<tr>
<td>Sat 07</td>
<td>Bodywise: Yoga Workshop with Christine</td>
</tr>
<tr>
<td>Sun 08</td>
<td>Bodywise: One Day Massage Course with Jutika</td>
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<tr>
<td>Sun 08</td>
<td>Breathsworks: Living Well with Stress course starts at MBC</td>
</tr>
<tr>
<td>Mon 09</td>
<td>Sangha Night: Mahayana – Precepts Gathered from Here and There</td>
</tr>
<tr>
<td>Wed 11</td>
<td>Full Moon Puja to Akshobhya</td>
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<tr>
<td>Fri-Sun 13-15</td>
<td>Weekend Sangha Retreat in Castleton - What Makes You Not a Buddhist</td>
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<tr>
<td>Sat 14</td>
<td>Bodywise: Alexander Technique for Pregnancy with Lucy</td>
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<tr>
<td>Sun 16</td>
<td>Sangha Night: Mahayana – Precepts Gathered from Here and There</td>
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<tr>
<td>Sat 21</td>
<td>Bodywise: Yoga Workshop with Padmaradhani</td>
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<tr>
<td>Sat 21</td>
<td>Introduction to Meditation Day</td>
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<tr>
<td>Mon 23</td>
<td>Sangha Night: Vajrayana – The Life and Liberation of Padmasambhava</td>
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<tr>
<td>Sat 28</td>
<td>Integral Buddhism</td>
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<tr>
<td>Sat-Sun 28-29</td>
<td>Bodywise: Inner Yoga Trust Teacher Training</td>
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<tr>
<td>Sun 29</td>
<td>Day for Order Members: The Development of the Bodhicitta with Dayanandi</td>
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<tr>
<td>Mon 30</td>
<td>Sangha Night: Vajrayana – The Life and Liberation of Padmasambhava</td>
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Please note the views and opinions expressed in the Newsletter are those of the individual contributors and are not necessarily those held by the trustees of the Manchester Buddhist Centre or by the FWBO/WBO in general.

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