



# Vajrasana

retreat programme  
2016

london  
buddhist  
centre

## Booking

To book a place on any London Buddhist Centre retreat, simply visit our website at [lbc.org.uk](http://lbc.org.uk) and log in, or register if you haven't already. You can also book over the phone on 0208 981 1225 or at the LBC reception (open Mon-Sat 10am-5pm). Please note that a deposit of £50, necessary to secure a booking, is non-refundable.

## Access

Vajrasana is fully accessible for those with physical disabilities. Please contact us before booking a retreat so that we can accommodate you appropriately.

## Travel

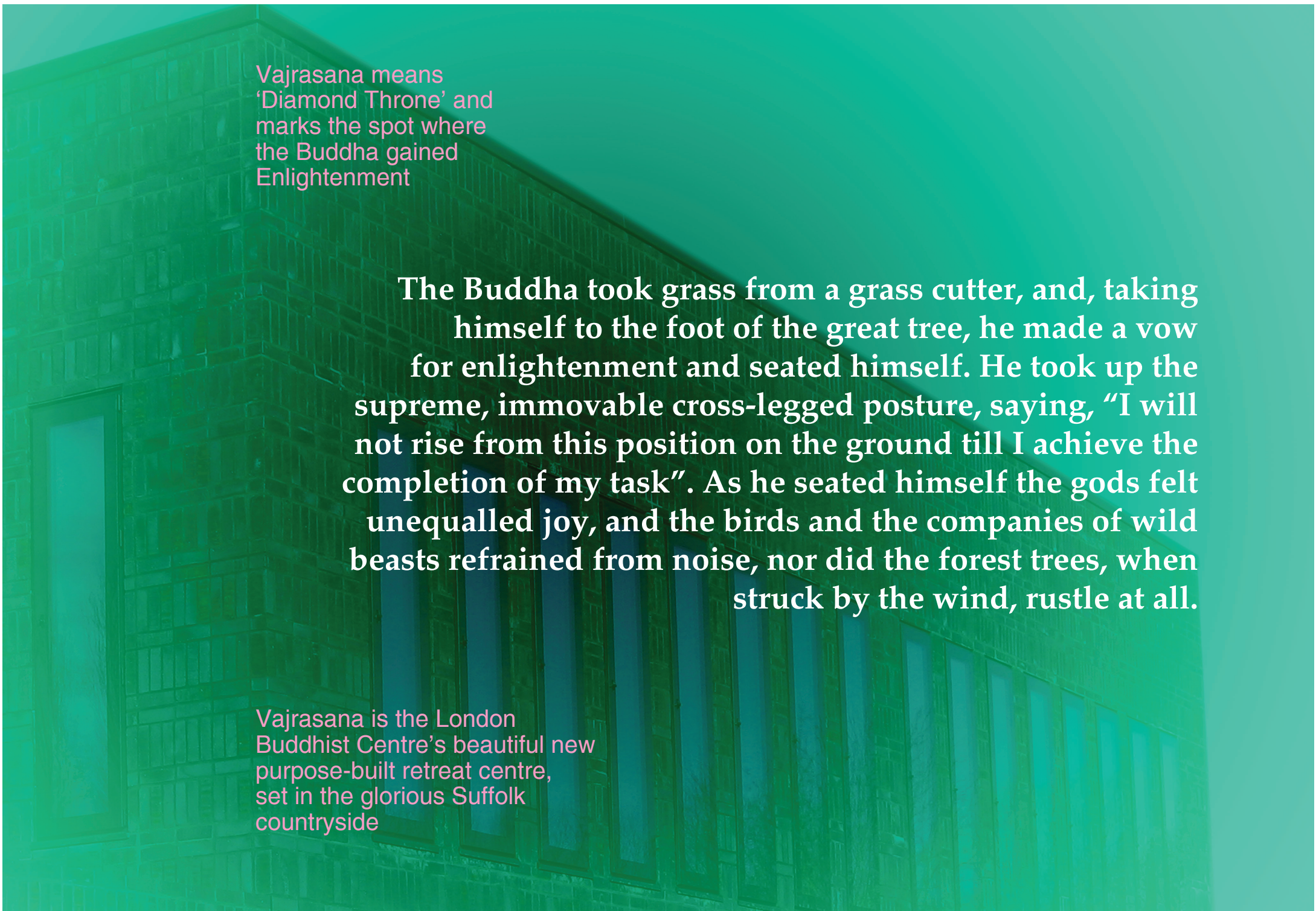
We provide a return coach from the LBC to many of our retreats, which you can book and pay for when you book the retreat. The nearest train station to Vajrasana is Stowmarket in Suffolk, which is served by regular trains from London Liverpool Street.

## Food

All the food on our retreats is vegetarian and mostly vegan. Let us know if you have dietary requirements of a medical kind.

## Solitary Retreats

We have two solitary huts – Ryokan and Han Shan – which cost £210 (full) or £180 (concession) per week, running Friday to Friday.



Vajrasana means 'Diamond Throne' and marks the spot where the Buddha gained Enlightenment

The Buddha took grass from a grass cutter, and, taking himself to the foot of the great tree, he made a vow for enlightenment and seated himself. He took up the supreme, immovable cross-legged posture, saying, "I will not rise from this position on the ground till I achieve the completion of my task". As he seated himself the gods felt unequalled joy, and the birds and the companies of wild beasts refrained from noise, nor did the forest trees, when struck by the wind, rustle at all.

Vajrasana is the London Buddhist Centre's beautiful new purpose-built retreat centre, set in the glorious Suffolk countryside



# Grand Opening

## First Vajrasana Retreat

After five years of planning and two years of construction, the new Vajrasana will open. Don't miss this great occasion! On Saturday 28<sup>th</sup>, there will be an Open Day which is specifically for the general public and local people around Vajrasana. Then on Sunday 29<sup>th</sup> there will be a day for the Sangha where we will ritually dedicate the new retreat centre. This will be followed by a retreat (Sunday 29<sup>th</sup> May–Friday 3<sup>rd</sup> June) led by Subhuti, for Order members and Mitras only.

More details, including on transport, will be released nearer the time.

Sat 28 May: Open Day. No need to book.

Sun 29 May: Sangha Day. No need to book.

Sun 29 May-Fri 3 Jun: Retreat. £310/260. Booking essential.

## Introductory Weekends

### Meditation Retreats

We run introductory weekend retreats throughout the year. They are an ideal way to encounter meditation and Buddhism for the first time, to experience the power of retreats and the larger perspective that they can bring. So join us to learn two fundamental, far-reaching meditation practices, while living communally with diverse but like-minded people. Explore the Buddhist vision of reality.

24-26 Jun  
26-28 Aug  
23-25 Sep  
14-16 Oct  
18-20 Nov  
£180/£140

## Sub35 Weekend

### A Vision of Reality

The Buddha's core teaching encapsulates both the cyclic grind of day-to-day life, and a path of creative growth. We will explore what this means in our own lives through meditation, talks and Buddhist ritual in a communal context. Everyone under 35 welcome, including newcomers.

Led by Gaelle and David  
10-12 Jun. £180/£140. Booking essential.

## Regulars' Weekend

### Awakening Your Potential

This weekend retreat will enable us to recognise and deepen our potential for kindness and wisdom. We will bring this into being through meditation, chanting and ritual. For those with at least three months' experience of the mindfulness of breathing & the metta bhavana.

Led by Nandaraja, Sajjana & Svadhi  
17-19 Jun. £180/£140.

## Yoga and Meditation

### Weekend Retreat

Come and join us for a weekend in the countryside, working to integrate our bodies and minds to create a positive and unified whole. Meditation teaching will be suitable for both newcomers and regulars, and the yoga will be a mixture of restorative and energising poses suitable for all levels.

Led by Priyavajra, Shraddhasiddhi & Holly  
8-10 Jul. £180/£140.

## Men's Intensive

### Meditation Retreat

#### Mastering the Mind

To deepen our life we need to become happier, calmer and more energized and we need to reflect deeply on the fundamental issues of life. So on this retreat we will learn how to cultivate Samadhi (energized calm) and Prajna (wisdom). The retreat will include seven days of silence and regular one-to-one meditation reviews.

Led by Jnanavaca and Maitreyabandhu.  
15-24 Jul. £450/£340.

## Women's Intensive

### Meditation Retreat

#### A Naked Beauty

Whatever is happening, meditation provides the conditions for an encounter with that truth. This intensive meditation retreat will explore the what, why, and how of this encounter, using the Buddha's teachings. We will be sitting for at least six hours a day, performing Buddhist ritual and maintaining several days of silence. Open to women who have been on a Triratna retreat before and who have been meditating regularly for at least six months.

Led by Maitrivajri, Shubha, Sudurjaya, Vishvantara & friends.  
29 Jul-7 Aug. £450/£340.

## Summer Retreat

### Beyond Hatred

On this retreat we will be exploring a set of four loving-kindness meditation practices. These will give you a perspective on the Buddha's Enlightened experience where wisdom, compassion and energy unify. The programme of activities will include meditation teaching, talks and rituals, plus time to make friends and to deepen our awareness of the natural world. Suitable for newcomers to meditation and those who have been meditating for up to two years.

Led by Maitreyaraja and Srivati  
12-19 Aug. £350/£265.

## Sub35 Weekend

### In Pursuit of Liberation

Mostly we chase after pleasure and push away pain. But Buddhism teaches a middle way that leads to ever freer and more expansive states of mind. Meditation, talks and Buddhist ritual. Everyone under 35 welcome, including newcomers.

Led by the Sub35 team  
9-11 Sept. £180/£140. Booking essential.

## Regulars' Weekend

### The Mind Unleashed

Inherent in consciousness is a yearning for freedom. Our minds want to expand, but usually we are trapped within self-created limitations. Explore the mind's potential on this intensive weekend retreat.

Led by Jnanavaca  
16-18 Sep. £180/£140.

## Women's Mitra Retreat

### Weekend

Enjoy the commitment you have made with women who share your ideals.

Led by Shraddhasiddhi, Mahamani, Kusalasara & team  
21-23 Oct. £180/£140.

## Parent's & Children's

### Retreat

Meditate, reflect and deepen your Dharma practice. A chance to make magic, participate in rituals and enhance our connections with ourselves, our children and each other. Minimum age 3½ years, no maximum! More details to follow; bookings open in June.

Led by the Sunday School team  
24-28 Oct at Vajrasana. Adult £210/£160. Child £65

## Regulars' Weekend

### An Indefinable Spirit

What is it that animates life, activates the mind and fuels the desire for more? Can we guide this force, this spirit, towards higher visions and deeper truths? Explore the Dharma more deeply on this intensive weekend.

Led by Maitreyabandhu  
25-27 Nov. £180/£140.

## Sub35 Weekend

### Vibrant Mutual Association

If we want depth and meaning in our lives we need to pursue it together. Living as a community, eating together and sharing our reflections, we can embody Sangha – a living spiritual community. With meditation, talks and Buddhist ritual. Everyone under 35 welcome, including newcomers.

Led by the Sub35 team  
9-11 Dec. £180/£140. Booking essential.

## Winter Retreat

### Visions of the Infinite

Buddhist meditation is not merely a technique for refining desires and managing stress. It is a vision of life born of a consciousness that transcends all limitations. Once liberated, this consciousness manifests in selfless activity, guided by wisdom and compassion. This will be an intensive meditation retreat exploring this ultimate liberation. For those with a regular practice of both the mindfulness of breathing and metta bhavana.

Led by Jnanavaca and Subhadramati  
22 Dec-1 Jan. £520/£410.