

glasgow buddhist centre

introductory events programme

jun  
dec 11



buddhism  
meditation  
wellbeing  
tai chi  
yoga

# introductory events programme

## june

- 12 Introduction to Meditation 1 day
- 12 Meditation in the Botanics 1 hr
- 14 Essentials of Meditation 6 wks
- 15 Essentials of Buddhism 6 wks
- 19 Meditation in the Botanics 1 hr



## july

- 18 FREE Meditation taster ½ hr
- 19 FREE Meditation taster ½ hr
- 20 FREE Meditation taster ½ hr
- 21 FREE Meditation taster ½ hr
- 25 FREE Meditation taster ½ hr
- 26 FREE Meditation taster ½ hr
- 27 FREE Meditation taster ½ hr
- 28 FREE Meditation taster ½ hr
- 30 Introduction to Meditation 1 day



## august

- 01 Yoga Summer School 5 days



## september

01 Yoga : <i>Beginners</i>	8 wks
05 From Darkness to Light	5 wks
06 Essentials of Meditation	6 wks
06 Essentials of Meditation ( <i>shiftwk</i> )	6 wks
07 Essentials of Buddhism	6 wks
07 Yoga : <i>Regulars &amp; Beginners</i>	5 wks
10 Essentials of Meditation ( <i>shiftwk</i> )	6 wks
12 Tai chi: <i>Beginners</i>	10wks
12 Tai chi: <i>Regulars</i>	10wks
19 Yoga: <i>Regulars</i>	4 wks
20 Yoga: <i>Beginners</i>	4 wks
21 <i>Breathworks</i> : Part 1	5 wks
25 Introduction to Meditation	1 day



## october

12 Yoga : <i>Regulars &amp; Beginners</i>	5 wks
17 Indian Pilgrimage Exhibition	4 wks
22 Saturday Morning Yoga	½ day
22 Free Your Voice	1 day
25 Essentials of Meditation	6 wks
26 Essentials of Buddhism	6 wks
26 Essentials of Buddhism ( <i>shiftwk</i> )	6 wks
29 Essentials of Buddhism ( <i>shiftwk</i> )	6 wks
31 Yoga : <i>Regulars</i>	8 wks



## november

01 Yoga : <i>Beginners</i>	8 wks
03 Mindfulness Practices	8 wks
14 Paintings by Pam Hill (Bodhiccha)	4 wks
16 Yoga : <i>Regulars &amp; Beginners</i>	5 wks
16 <i>Breathworks</i> : Part 2	4 wks
20 Introduction to Meditation	1 day



## december

10 Saturday Morning Yoga	½ day
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## **buddhism**

**Buddhism is a religion of practice rather than faith. The Buddha advocated that we try out his teachings for ourselves rather than taking his word for it. Here at the Glasgow Buddhist Centre we explore the Buddhist path in this spirit.**

### **Level 1: The Essentials of Buddhism**

*(These classes include an introduction to meditation and a day retreat at the end of the course.)*

**Wed 7:30 – 9:40pm, 6 wks, £66/£33**

start dates:

**15 Jun – day retreat 24 Jul  
7 Sept – day retreat 16 Oct  
26 Oct – day retreat 4 Dec**

### **Levels 2 & 3: The Essentials of Buddhism**

We run three courses in Level 2 Buddhism and eight courses in Level 3, dates as above. It is necessary to have completed a level one course first.

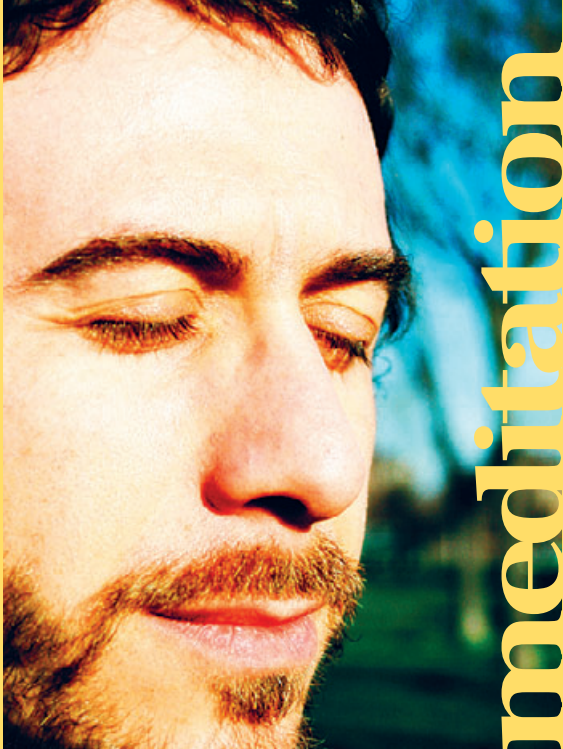


### **Shiftworkers course Level 1: The Essentials of Buddhism**

This 6 week course runs on Wednesday evenings and again on Saturday mornings. Participants can come to either of these slots throughout the course. So if you miss a Wednesday you can catch up on the Saturday.

start dates:

**Wed 26 Oct, 7:30 – 9:40pm or  
Sat 29 Oct, 10:30am – 12:40pm  
day retreat 4 Dec  
£66/£33**



# meditation

## meditation

Meditation is an excellent way to develop greater emotional positivity and clarity. People often take up meditation to help with stressful life situations or to address a feeling of something missing in their lives.

### Level 1: The Essentials of Buddhist Meditation

*(These classes include a day retreat at the end of the course.)*

Tues 7:30 – 9:30pm, 6 wks, £66/£33

start dates:

14 Jun – day retreat 24 Jul

6 Sept – day retreat 16 Oct

25 Oct – day retreat 4 Dec



### Shiftworkers course Level 1: The Essentials of Buddhist Meditation

This 6 week course runs on Tuesday evenings and again on Saturday mornings. Participants can come to either of these slots throughout the course. So if you miss a Tuesday you can catch up on the Saturday.

start dates:

Tue 6 Sept 7:30 – 9:30pm or

Sat 10 Sept 10:30am – 12:30pm

day retreat 16 Oct

£66/£33



### Introduction to Meditation Days

10:30am – 4:30pm, £30/£20

dates:

Sun 12 June, Sat 30 July, Sun 25 Sept,

Sun 20 Nov

# meditation

## Weekly drop-in classes

*(Booking not necessary. Class suitable for beginners & regulars)*

Wed 12:30 – 1:00pm £3/£2

Thurs 10:30 – 12:00 noon £5/£3



## Meditation in the Botanic Gardens

*(West End Festival – FREE event)*

Come along to an open-air meditation session in the Botanic Gardens led by a teacher from the Glasgow Buddhist Centre. Suitable for all levels of experience.

Sun 12 & 19 Jun 2:00pm

*(Meet outside the Kibble Palace, please bring something to sit on.)*



## Fair Fortnight

*FREE meditation tasters*

Still working over the Fair Fortnight? Why not take a break one lunchtime and try our free introductory meditation sessions. Feel free to drop in as often as you like.

12:30 – 1:00pm

Mon 18 – Thurs 21 July &

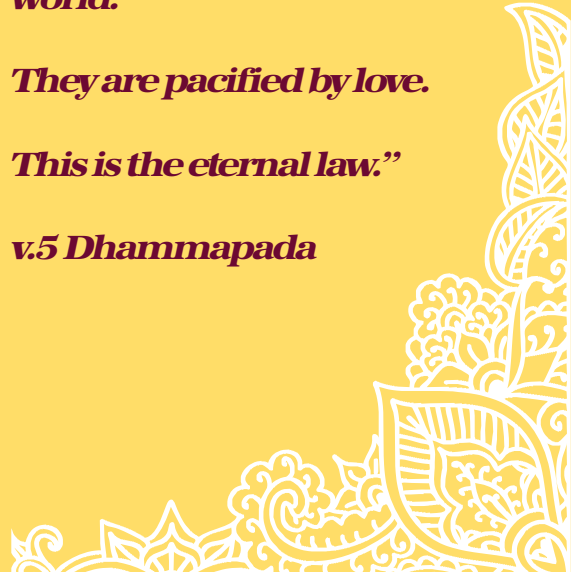
Mon 25 – Thurs 28 July

***“Not by hatred are hatreds  
ever pacified here in the  
world.***

***They are pacified by love.***

***This is the eternal law.”***

***v.5 Dhammapada***





## complementary courses & workshops



## yoga

Yoga helps develop health and well-being through a series of stretches and movements that emphasise awareness of the breath. It helps us become strong, supple and healthy and can give access to greater energy and concentration.



### Yoga and Meditation with Ratnadevi

Ratnadevi has been teaching yoga and meditation for over 20 years. Her style is gentle and imaginative, encouraging an attitude of enjoyment rather than striving for perfection.

**Beginners: Tues 5:45 – 7:00pm**  
20 Sept, 4 wks (no class 10 Oct),  
£27/£20  
1 Nov, 8 wks, £53/£40

**Regulars: Mon 5:45 – 7:15pm**  
19 Sept, 4 wks (no class 11 Oct), £28/£22  
31 Oct, 8 wks, £56/£44

**Yoga & Meditation Summer School**  
*For beginners and those who already  
have a practice*  
Mon 1 – Fri 5 Aug, 10:00 – 1pm, £60/£40



### Yoga with Jinavamsa

Jinavamsa has been teaching yoga for over 10 years. His emphasis is on flowing movement and awareness of breath.

*All classes are suitable for beginners  
and regulars.*

**Wed 10:30 – 11:45am, 5 wks £35/£25**  
**Wed 5:45 – 7:00pm, 5 wks £35/£25**

**Start dates: 7 Sept, 12 Oct, 16 Nov**

## Yoga with Jinavamsa (continued)

Saturday morning yoga & meditation

10:00am – 1:00pm £25/£15  
22 Oct, 10 Dec



## Yoga for beginners with Pauline Hamilton

Pauline has been practising yoga for over ten years. This course will introduce a series of postures which will help those new to yoga physically strengthen as well as improve posture and balance.

Thurs 1 Sept 8 wks 6:00 – 7:00pm  
£53/£40



## tai chi

**Tai Chi (sometimes also spelled Taiji) is a physical practice and is a great way to de-stress and become more grounded. It also helps with energy levels, balance and strength.**



## Tai Chi with Pete McLeod

Pete has a background in martial arts and has been developing his Tai Chi and Qigong skills for the last ten years. You will have the opportunity to learn the first section of the form and later the whole short Yang form. Pete also teaches simple Qigong exercises.

**Mon 12 Sept, 10 wks** (no classes 26 Sept, 10 & 17 Oct), £60/£45  
**Beginners 7:20 – 8:20pm**  
**Regulars 8:30 – 9:30pm**

Venue: *Multicultural Hall, Rose Street  
(off Sauchiehall Street)*

## Tai Chi & Meditation with Pam Hill (Bodhiccha) and Allan Cunningham

Pam is a certified instructor in the School of Central Equilibrium. She teaches Chen Man Ching's Yang style short form as developed by Master Huang in Malaysia. The emphasis is on stability, body alignment and precision of movement.

**Mon 12 Sept, 7:30 – 9:00pm**  
**Beginners: 10 wks £60/£45**  
**Regulars: 10 wks £60/£45**

**Venue: GBC**



## workshops

### **Breathworks: Living Well with Pain and Illness, mindfulness based pain management with Jyotipakshini.**

This course offers a range of practical strategies to ease suffering associated with chronic pain and/or physical ill-health, whatever the diagnosis. Key elements include breath awareness, relaxation techniques, gentle movement and mindfulness meditation.

*The course is in 2 parts which, together, provide a full approach to living well whatever our condition.*

*10% reduction when both parts are booked together. (ie £112/65). Part 2 can be taken as a refresher course for those who have already attended a Breathworks course.*

**Part 1, starts Wed 21 Sept, 2 – 4:00 pm, 5 wks, £75/45 (incl handbook & 2 CDs)**

**Part 2, starts Wed 16th Nov, 2 – 4:00 pm, 4 wks £50/28 (incl CD)**

### **Mindfulness Practices: Tools for everyday use with Ratnadevi**

Appropriate for people who have experienced stress, anxiety or bouts of depression. Based on MBCT (Mindfulness Based Cognitive Therapy), each session will include strategies to help us look after our own mental health.

*In the 6th week there will be an extended period of practice from 2:00 – 7:00pm*

**Thurs 3 Nov, 5.30 – 7.15pm, 8 wks £120/£85**  
*(inc. 2 cds and course materials)*



## Free Your Voice: Singing and Sounding Workshop with Mary Benefiel

Mary is a voice coach who knows there is more to singing than technique. Her approach will help you develop confidence, ease and eloquence, getting to know the voice you have and reclaiming your full range of sounds.

**Sat 22 Oct 10:30 – 4:30pm £35/£28**



## exhibitions:

### 'From Darkness to Light' an exhibition by Alistair Dickson (Silaketu)

The paintings will be colourful non-figurative works with some Buddhist references.  
From 5 Sept – 15 Oct

### Indian Pilgrimage Exhibition

Artwork by friends of the centre, sold in aid of the Glasgow Buddhist Centre's Pilgrimage fund.  
From 17 Oct – 13 Nov

### Paintings by Pam Hill (Bodhiccha)

Featuring the best of Pam's student work from the last four years.  
From 14 Nov – 11 Dec



# centre & booking info ...

**Open Mon – Thurs, 12:00 – 5:00pm**  
***Closed Fridays***

## **About us**

The Glasgow Buddhist Centre has been offering classes in Buddhism and Meditation for over 35 years. You are welcome to drop in during our opening hours.

We are the Triratna Buddhist Community (formerly the FWBO), a worldwide movement that seeks to make the traditional teachings and practices of the Buddha available to the modern world.



## **The Centre**

Our rooms are available for hire by charities and businesses whose aims and purposes have an ethical basis. Please contact us for details.



## **Bookshop**

Our bookshop houses a large selection of Buddhist books. We also stock yoga equipment, meditation cushions and stools, and much more.



## **Find us**

We are on the city side of Charing Cross opposite the dental hospital, on the first floor of the building with stairway access.



## **How to book**

To secure a place on any course we need a non-refundable deposit of £20 for bodywork and mindfulness practices and £10 for everything else. Please send us a cheque, call the number overleaf to pay by card or drop in with your payment. Paying the full amount at the time of booking would be appreciated. If you are pregnant or have a serious health condition, please contact us before booking bodywork classes.

The centre is a not-for-profit organisation and all our courses are priced at cost. We offer the lower price for the unemployed, retired people, students and those on low income. However, we will never turn anyone away from a Buddhism or meditation class for financial reasons.





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