

## MELBOURNE BUDDHIST CENTRE

ETHICS | MEDITATION | WISDOM

**Retreats** offer a transformative experience to go deeper with meditation and understanding of Buddhism. Weekend retreats are held in the countryside allowing you to take a break from your daily routine and connect more fully with the natural environment, personal reflection and practice.

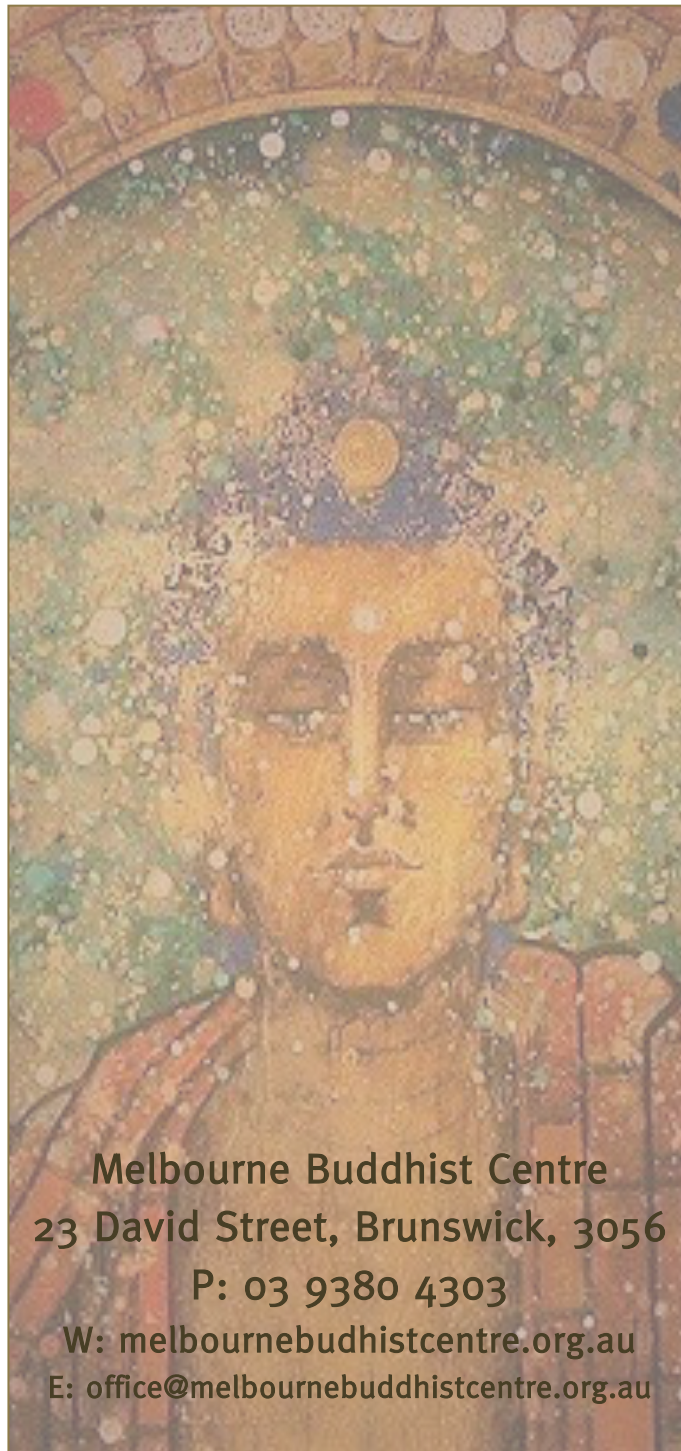
Day retreats are held at the MBC.

**Sunday Morning Meditations** are a three hour silent period of meditation, interspersed with periods of walking meditation. Suitable for regular meditators, every second month from 9.30am – 12.30am at the MBC.

**Buddhist festivals** are an opportunity to celebrate the Buddha, Dharma and Sangha and other significant events with our Buddhist community.

**All Welcome**

To book and further details go to  
[melbournebuddhistcentre.org.au](http://melbournebuddhistcentre.org.au)



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MELBOURNE  
BUDDHIST  
CENTRE

**2025**  
**Calendar**  
**Retreats, Events**  
**And Festivals**

## January

- 5 Introduction to Meditation  
– **Viryasiddhi & Sraddhanaya**
- 12 Introduction to the Three Jewels – **Siladasa**
- 10-12 Deepen Into Your Intuition Retreat – **Varadhi**

## February

- 2 Sunday Morning Meditation
- 9 Mantra Chanting Workshop – **Maitridharani**
- 13 Parinirvana Puja
- 16 Order/Mitra Day on the Parinirvana  
– **SkyRock Team**
- 21 Summer Arts and Music Festival
- 22-28 Emptiness & The Heart Sutra  
Order/Mitra Online Retreat – **Tejananda**

## March

- 2 Freedom as Key to the Buddhist Life  
– Day Retreat with **Siladasa**
- 8-10 Buddhafeld Camping Retreat at **SkyRock**
- ~~30~~ Cleaning Day

## April

- 6 Sunday Morning Meditation
- 6 Imagination and Drama Workshop  
– **Bodhinaya**
- 17-21 Flourishing of the Heart  
– Easter Retreat with **Siladasa**
- 24-28 Sub 35s Retreat  
– **Shantidevi & Manjusiddha**

## May

- 10 Buddha Day Festival
- 18 Letting Go Into Ease: Order/Mitra Day  
– **Maitridharani & Viryasiddhi**
- 23-25 Men's+ Weekend Retreat  
– **Apada & Manjusiddha**
- 25 Love All of You: Yoga and Focusing  
– **Varadhi**

## June

- 1 Sunday Morning Meditation
- 8 Love All of You: Yoga and Focusing  
– **Varadhi**
- 15-22 Urban Retreat @ MBC
- 28 What is a Mitra? Afternoon Event  
– **Apada & Vimuttinandi**
- 29 Three Levels of Wisdom Day Retreat  
– **Sudaya**

## July

- 12 Dharma Day Festival
- 11-17 Online Retreat with **Paramananda**

## August

- 3 Sunday Morning Meditation
- 9 Thanking Our Volunteers
- 10 'Approaching Enlightenment' Book Launch  
– **Bodhidasa**
- 17 Chanting Workshop – **Maitridharani**
- 22-24 Open Retreat – **Bodhidasa & Viryasiddhi**
- 29-31 Sangharakshita's 100<sup>th</sup> Birthday Urban Retreat  
– **Maitridharani & Dantacitta**

## September

- 21 Padmasambhava Day
- ~~25-28~~ Open Dharma Retreat  
– Led by the **Men's Chapter**

## October

- 5 Sunday Morning Meditation
- 11 Celebrating Ambedkar's Conversion (TBC)
- 18 Spring Cleaning Day (TBC)
- 30 Anniversary of Sangharakshita's Death

## November

- 8 Sangha Day Festival
- 16 Day Event – **Bodhinaya**
- 21-28 Mixed 7-Day Retreat  
– **Apada & Shantidevi**

## December

- 7 Sunday Morning Meditation
- 5-7 Women's+ Retreat