

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.

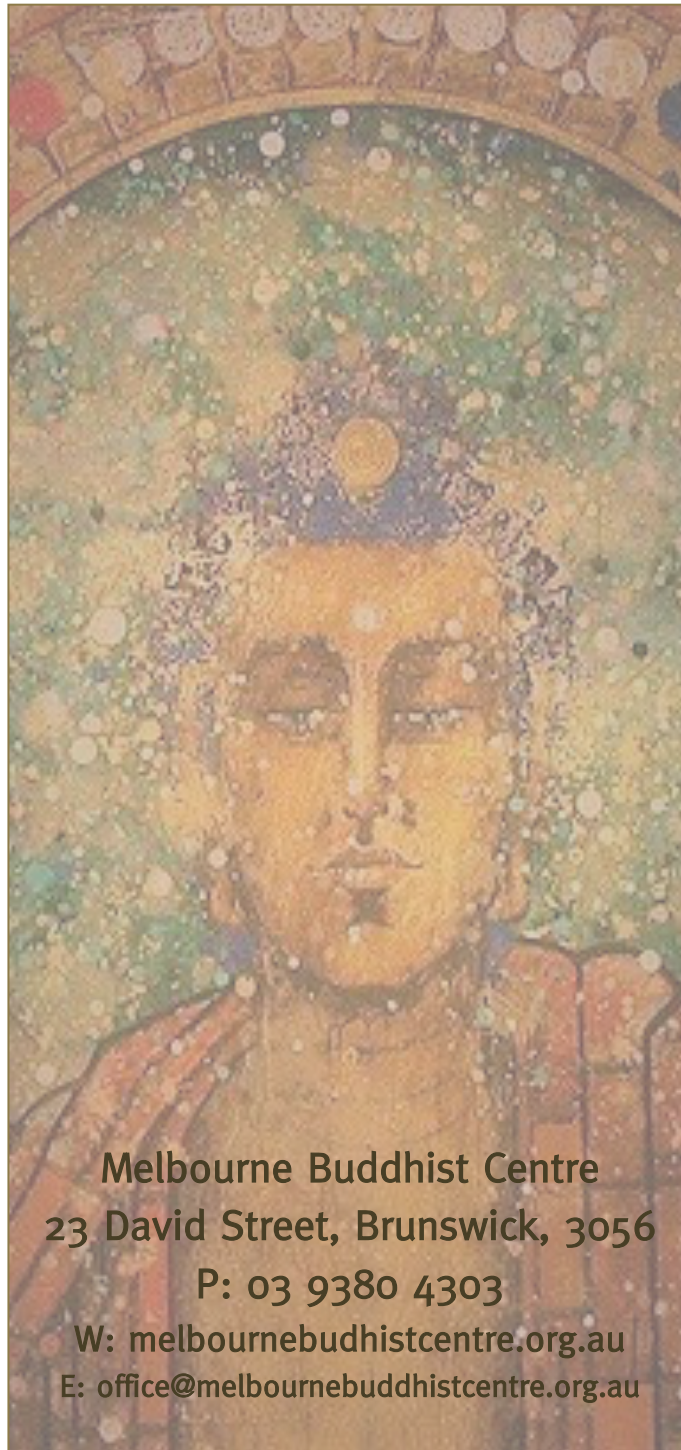
Day retreats are held at the MBC.

**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)



Melbourne Buddhist Centre  
23 David Street, Brunswick, 3056

P: 03 9380 4303

W: [melbournebuddhistcentre.org.au](http://melbournebuddhistcentre.org.au)

E: [office@melbournebuddhistcentre.org.au](mailto:office@melbournebuddhistcentre.org.au)



MELBOURNE  
BUDDHIST  
CENTRE

2026  
Calendar  
Retreats, Events  
And Festivals

## January

- 4 A Mind/Heart Reset for 2026 – **Sraddhanaya**
- 11 'Is There Life After Death?' Day Retreat on the Tibetan Book of the Dead – **Viryasiddhi**
- 18 About 'Time'! – **Dhiramani**
- 24-1 'Into the Wild' Camping Retreat – **Maitrijata**

## February

- 1 Silent Sunday Meditation
- 1 Parinirvana Afternoon Event
- 8 Order/Mitra Day – **SkyRock Community**
- 21-23 'Dhyana Made Simple' Online Retreat – **Bodhipaksa**

## March

- 1 Order Day – **Sudaya**
- 7-9 "Gathering in the Buddhafield" Camping Retreat @ **SkyRock**
- 15 Chanting Workshop – **Maitridharani**
- 29 Silent Sunday Meditation

## April

- 2-6 The Path of Loving-Kindness to Wisdom Easter Retreat – **Siladasa & Sraddhanaya**
- 12 Body as Teacher: A Day Retreat in Embodied Awareness – **Varadhi**

## May

- 2 Buddha Day Festival
- 8-10 Body as Teacher: A Residential Retreat in Embodied Awareness – **Varadhi**
- ~~15-17 Men's+ Weekend Retreat – **Apada**~~
- 31 Silent Sunday Meditation

## June

- 14 Order/Mitra Day – **Apada & Rijumayi**
- 27 What is a Mitra? Afternoon Event – **Apada & Vimuttinandi**

## July

- 3-9 The Lion's Roar: Waking Up to the Dharma Promise of Our Potential – A Home Retreat with **Paramananda** Chanting Workshop – **Maitridharani**
- 19 Sailing the Worldly Winds: A Day Retreat – **Sraddhanaya, Rijumayi, Vidyatara, Dhiramani**
- 25 Dharma Day Festival
- 26 Body as Teacher: A Day Retreat in Embodied Awareness – **Varadhi**

## August

- 2 Silent Sunday Meditation
- 9 Body as Teacher: A Day Retreat in Embodied Awareness – **Varadhi**
- 16 Day Retreat – **Sraddhanaya**
- 21-23 The Cave: Residential Retreat – **Bodhidasa**
- 27 Sangharakshita's Birthday Puja
- 30 Order Day – **Sudaya**

## September

- 20 Padmasambhava Day Festival
- 24-27 The Dark Side of the Mirror: Order/Mitra Retreat – **Moksavajra**

## October

- 2-4 Body as Teacher: A Residential Retreat in Embodied Awareness – **Varadhi**
- 4 Silent Sunday Meditation
- 17 Celebrating Ambedkar's Conversion (TBC)
- 29 Anniversary of Sangharakshita's Death
- 31-3 Buddhafield Camping Retreat

## November

- 6-13 Uncontrived Mindfulness: Order/Mitra Retreat – **Vajradevi**
- 15 Half Day Workshop – **Bodhinaya**
- 21 Sangha Day Festival

## December

- 4-6 Women's+ Retreat – **Sraddhanaya & Dantacitta**
- 6 Silent Sunday Meditation