

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.

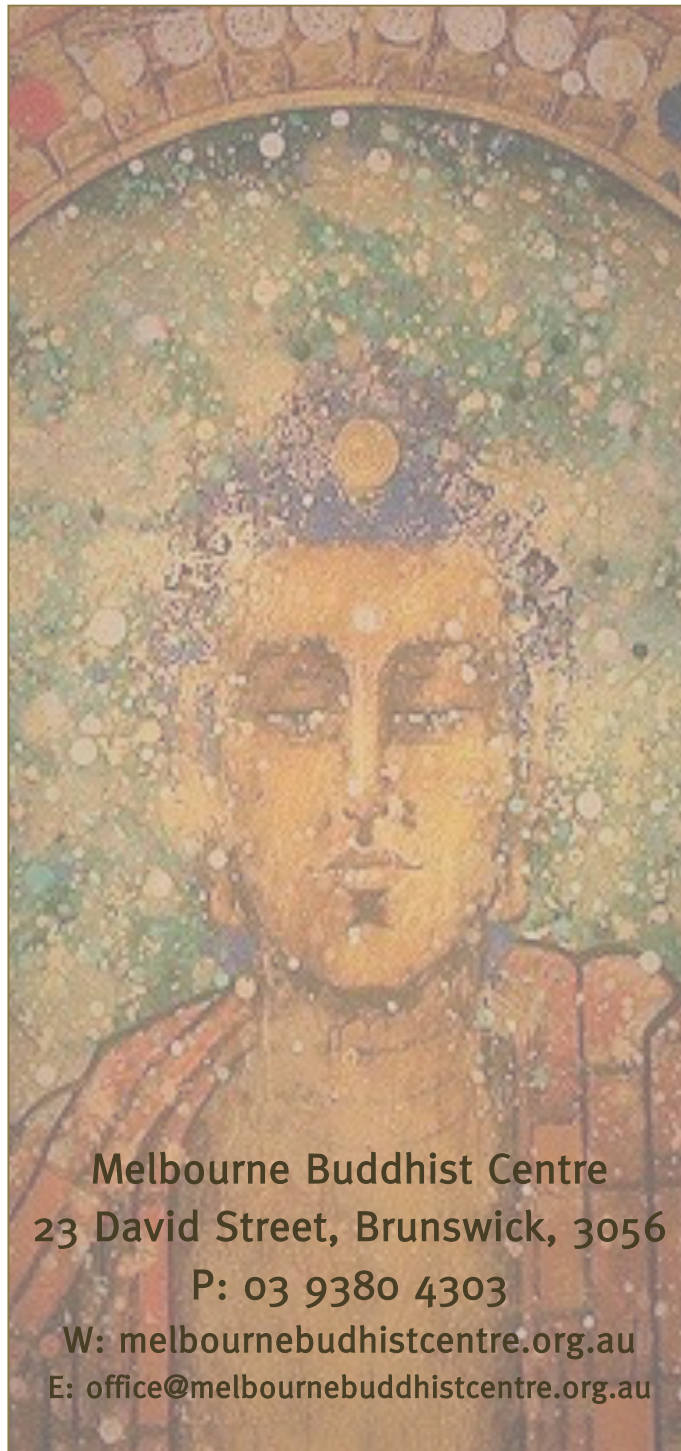
Day retreats are held at the MBC.

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



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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 100th 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
- 12 Order/Mitra Day – **Mitra Convenors** (TBC)
- 19 Celebrating Ambedkar's Conversion (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