MELBOURNE BUDDHIST CENTRE

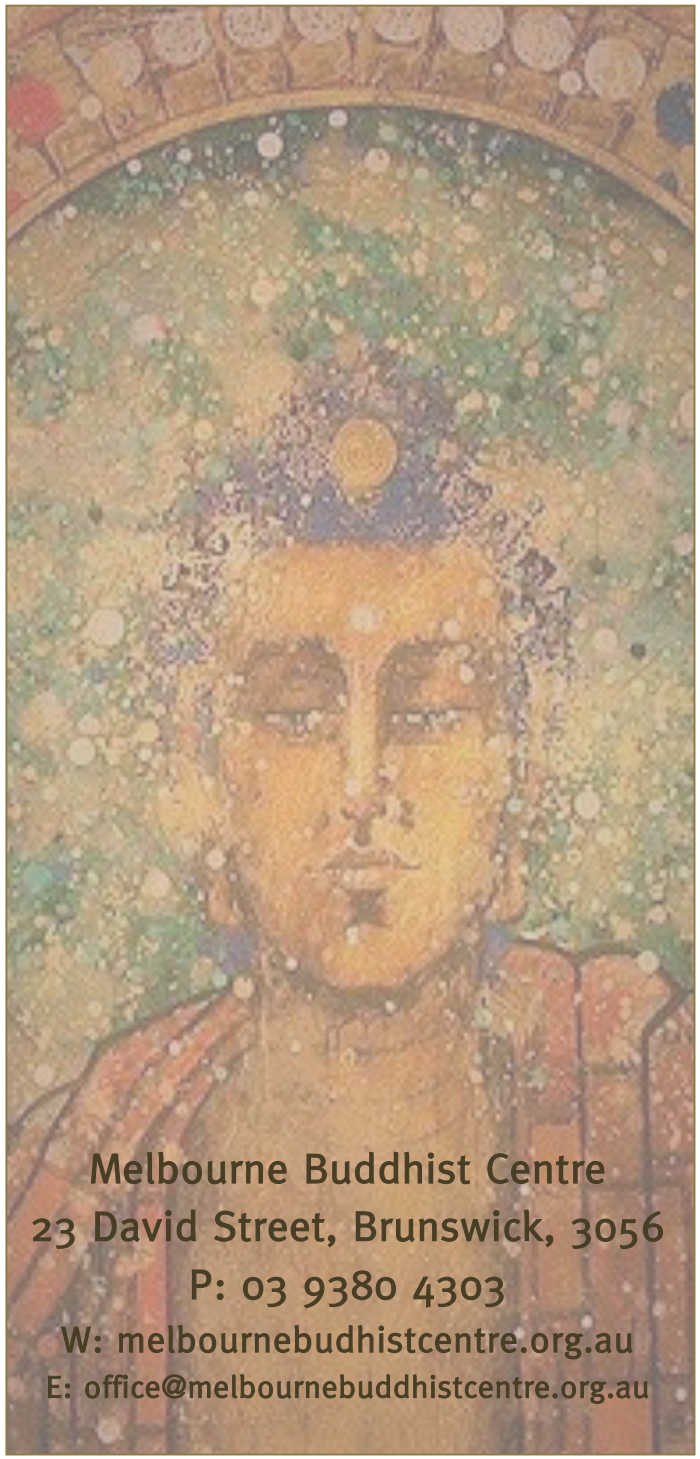
ETHICS | MEDITATION | WISDOM

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

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 Retreart 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**
5 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 – **Dhiracharita**

September

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

October

2-4 Order Retreat – **Rijumayi**
3 Half-Day Retreat for Under-35s – **Varadhi**
4 Silent Sunday Meditation
16-18 'Body, Heart, Mind, Awake' Online Retreat — **Tejananda**
17 Celebrating Ambedkar's Conversion (TBC)
29 Anniversary of Sangharakshita's Death
31-3 "Entering the Realm of the Red Jewel" Buddhafield Camping Retreat @ **SkyRock**

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
25 Gift-Swap & Shared Lunch – **Maitridharani** & **Naomi**

For bookings, more details and additional events see the Melbourne Buddhist Centre website – melbournebuddhistcentre.org.au