

## At the Centre



### World Peace Community Café

Open Tuesday to Saturday 10am - 4pm

Located on the ground floor of this historic and beautiful building, we invite you to enjoy an oasis of peace in the heart of Keighley. The World Peace Café is the perfect place to relax, meet friends or spend some quiet time.

The Café serves a selection of hot and cold drinks, including speciality teas and coffees plus light meals, snacks and home made cakes, sourced locally and fairly

traded wherever possible.

The cafe is staffed by volunteers and we are always on the lookout for more help. If you are interested in volunteering, please pop into the cafe or contact us.



### Prayers for World Peace

Saturdays 2pm -3pm, 4 Feb - 31 Mar (no class 17 Mar)

FREE MEDITATION CLASS

These classes cover the basic foundations of Modern Buddhism showing how to combine meditation with our daily activity to lead to lasting peace. They include a talk, a guided meditation and short prayers dedicated to world peace.



### Walks for World Peace

Sundays monthly at 10.30am

The Walks for World Peace combine walking and meditation, giving an opportunity to meet like-minded people from the various meditation groups run by Buddha Land. Walks typically last up to 3hrs including a break for meditation and lunch. See web site for locations or call into the centre to ask.

## Drop-in Meditation Classes

The classes explore how Buddhist meditation can be used to solve daily problems, develop peace of mind, improve our health and find meaning & purpose in life. They include guided meditations, explanation of how to meditate & discussion. They are run on a drop-in basis so come along at any stage. Classes cost £5 per session, lunch time meditations are £2.

9 Jan - 17 Feb: New Year New Direction

20 Feb - 23 Mar: Inner Strength - Dealing with Anger

26 Mar - 13 Apr: Living in the Moment

### Keighley

Day time class

Thursdays 10.30am - 12.00pm

Evening class

Thursdays 7.30pm - 9.00pm

Lunch time meditations

Tuesdays 12.30pm - 1.00pm

Wednesdays 12.30pm - 1.00pm

Thursdays 12.30pm - 1.00pm

Fridays 12.30pm - 1.00pm

Buddha Land Buddhist Centre

1 Lawkholme Crescent

### Burnley

Wednesdays 7.30pm - 9.00pm

Burnley & Pendle Faith Centre

Burnley Campus, Barden Lane

### Barnoldswick

Mondays 7.30pm - 9.00pm

Rainhall Centre, Rainhall Road

### Ilkley

Tuesdays 7.30pm - 9.00pm

Friends Meeting House, Queen Rd

### Saltaire

Wednesdays 7.30pm - 9.00pm

ShIPLEY COLLEGE

Exhibition Hall, Exhibition Road

### Bradford Uni, Settle, Grassington, & Pateley Bridge

Please call for details

## Directions

The Centre is located in the centre of Keighley, on the town square opposite the Bus Station. For directions please ring the centre or see the contact us page on our web site. Everyone welcome.



## Contact Us

Buddha Land  
Kadampa Buddhist Centre,  
The Old School Board,  
1 Lawkholme Crescent, Keighley  
BD21 3NR  
Tel: 01535 958189

Email: [info@enjoymeditation.org](mailto:info@enjoymeditation.org)



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International Kadampa Buddhist Union  
- Registered Charity 1087209



[www.enjoymeditation.org](http://www.enjoymeditation.org)

# TAKE A NEW DIRECTION



## Buddhist Meditation for Inner Peace

Keighley . Bradford . Burnley . Barnoldswick  
Ilkley . Settle . Grassington . Pateley Bridge

Classes and Courses  
Jan - Apr 2012



## About Us



### Founder

Venerable Geshe Kelsang Gyatso is a fully accomplished Buddhist meditation master. Invited to teach in the West in 1977 he has worked tirelessly to spread Kadampa Buddhism throughout the world. Through his extensive teachings, profound books and dedication he has established over 1100 centres and groups worldwide.



### Resident Teacher

Gen Kelsang Päljin is a Western Buddhist Monk and close disciple of Geshe Kelsang Gyatso. He has practised and studied Kadampa Buddhism for over 13 years. Having strong faith and

dedication, he is much loved by his students for his precise and clear instructions of Buddha's teachings showing how meditation can lead to lasting happiness.



### The Centre

Buddha Land Kadampa Buddhist Centre is a peaceful and inspiring place where people from all walks of life can learn to meditate, gain practical understanding of Buddhism and bring about positive change in their lives. Everyone is welcome.

## Meditation Workshops

The meditation workshops provide quality meditation with clear explanations of the techniques required to create stillness within. They consist of two sessions, which include guided meditations, explanation, and discussion. Cost £10. Refreshments are available in our World Peace Cafe during the workshop. Why not also stay for lunch afterwards.



### Take a New Direction

Saturday 21 Jan 10am - 1pm

Our human life is precious and rare, passing moment by moment. Take time out to explore the meaning of your life and make positive changes that lead to real happiness.



### Learn to Meditate in Half a Day

Saturday 4 Feb 10am - 1pm

Breathing meditation is a simple yet powerful tool that makes the mind calm and peaceful. Learn the art of meditation and how to incorporate it into busy daily life.



### Relax, Unwind, Find Peace

Saturday 10 Mar 10am - 1pm

Learn three simple meditations that lead to mental clarity and inner peace, taking a voyage of discovery within your own mind to create lasting peace and happiness.



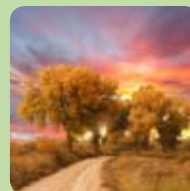
### Stillness Within

Saturday 21 Apr 10am - 1pm

How to deal with the challenges that life throws at you with a calm and happy mind? In this workshop we will look at simple but powerful methods to find stillness within.

## Day Courses

These courses are an ideal way to gain experience of meditation and inner peace. Each course examines a particular aspect of Buddha's teachings in depth. Particular attention is paid to how meditation can be used in practice especially in solving problems in our daily life. Cost £20 including a vegetarian lunch and refreshments. Please book in advance.



### The Path to Lasting Happiness

Sunday 12 Feb 10am - 4pm

Where does human suffering and happiness really come from? To what extent do our preconceptions shape our world? And how can we find a happier life, cultivating cherishing love and forgiveness for ourself and others?



### Ancient Wisdom for Modern Times

Sunday 1 Apr 10am - 4pm

Receive ancient advice on cultivating a peaceful mind and a good heart that resonates with our modern world. These time-honoured practices offer insights into overcoming our daily problems and the underlying habits that perpetuate them.

## Half Day Courses

Explore an aspect of Buddha's teachings in half a day. Cost £10.

**What is Karma?:** Saturday 28 Jan 10am - 1pm

Why do we experience what we experience, Karma explains all!

**The Buddhist Way of Life:** Saturday 24 Mar 10am - 1pm

Living the Buddhist way of life in the modern world.

## Friday Evenings

Dates: 27 Jan, 24 Feb, 23 Mar, 27 Apr



### Stop the Week in Style

7.30pm - 9.30pm

You are invited to relax at the end of the week at Buddha Land Buddhist Centre. Let go of the week's strains and stresses with a guided meditation and enjoy a delicious three course vegetarian meal with great company. The evening begins with a guided meditation and short talk to bring peace and spiritual focus to the week. This is followed by dinner in our beautiful cafe area. It is usually possible to cater for special dietary requirements if good notice is given. Group bookings are welcome. Please book in advance. Cost £12.50.

## Special Events



### Discover Buddha Land - Open Day

Saturday 17 March 10am - 4.30pm

Sample guided meditations, learn about Buddhist art and traditions or relax in the cafe. There is something for everybody on this open day - discover something new or if you have been before bring a friend.

### Weekend Meditation Retreat

Friday 11 - Sunday 13 May



An unequalled opportunity to get away from life's busyness and deepen our experience of meditation. This guided retreat begins on Friday evening and ends lunch time Sunday. The retreat will be held at Madhyamaka Kadampa Meditation Centre near York. Comfortable accommodation is provided in single, twin or mini-dorm (4-8) rooms. .