

what's on in the buddhist village

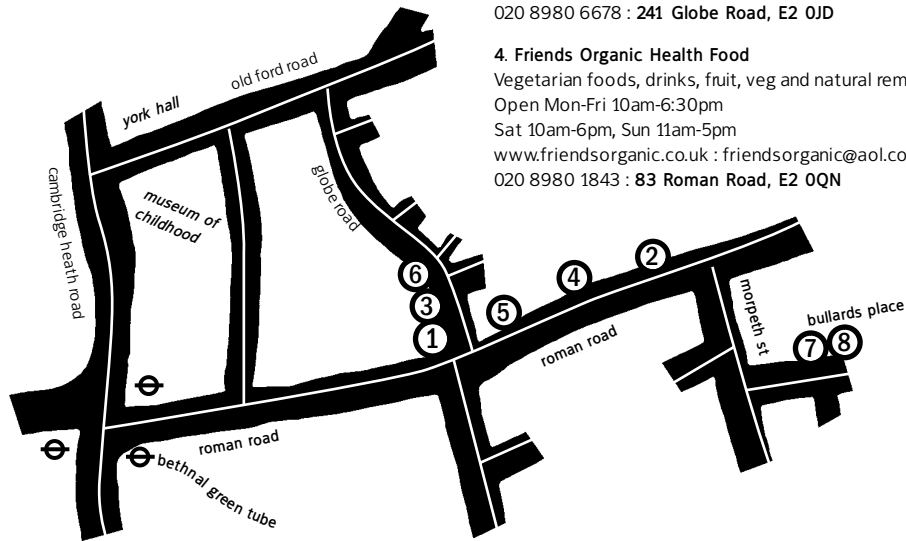
The LBC's Buddhist businesses: Friends Organic health food shop, Evolution gift shop, Jambala secondhand book and record shop, and the Wild Cherry Vegetarian restaurant will be giving away gifts & celebrating the re-opening of the LBC.

1. London Buddhist Centre: Bookshop and Meditation
Wide range of Buddhist Books. Meditation classes/courses
Open Mon-Fri 10am-5pm. www.lbc.org.uk : info@lbc.org.uk
020 8981 1225/0845 458 4716 : 51 Roman Road, E2 OHU

2. Bodywise Yoga and Natural Health Centre
Acupuncture to counselling, pilates to t'ai chi
www.bodywisehealth.org : info@bodywisehealth.org
020 8981 6938 : 119 Roman Road, E2 OQN

3. Wild Cherry Vegetarian/Vegan Restaurant
Homecooked veggie/vegan meals, cakes and sweets
Open Tue -Fri 10:30am-7pm, Sat 10:30am- 4:30pm
Sunday 12-5pm
020 8980 6678 : 241 Globe Road, E2 OJD

4. Friends Organic Health Food
Vegetarian foods, drinks, fruit, veg and natural remedies
Open Mon-Fri 10am-6:30pm
Sat 10am-6pm, Sun 11am-5pm
www.friendsorganic.co.uk : friendsorganic@aol.com
020 8980 1843 : 83 Roman Road, E2 OQN



5. Evolution Gift Shop
Ethical Trade ~ gifts, furnishings from around the world.
Open Mon-Sat 10:30am-6pm, Sun 11am-5pm
www.evolutiongifts.co.uk :
evolution@evoelon.freemove.co.uk
020 8981 7219 : 59-61 Roman Road, E2 OQN

6. Jambala Charity Shop
Second hand books, records and much more.
Open Weds 1-7pm, Thurs-Sat 12-6pm.
020 8981 1225 : 247 Globe Rd. E2

7. London Buddhist Arts Centre (LBAC)
Artists' studios, dance classes, drawing workshops,
theatre, t'ai chi, advice sessions to local citizens.
www.londonbuddhistartscentre.co.uk
lbartscentre@yahoo.co.uk or 020 8983 6134
Eastbourne House, Bullards Place, E2 OPT

8. Globe Community Project
A Buddhist outreach charity based at the LBAC
running succesful projects in the local communi-
ty. For more information contact LBAC.

london buddhist centre
breathing space

grand
re-opening
sat 9th may 2009 11.00am-5.30pm



an open day
of meditation and talks celebrating
the biggest refurbishment
in the history of
the london buddhist centre

all events
free

The London Buddhist Centre (LBC) has had the biggest refurbishment in its history. The newly enlarged centre includes Breathing Space, our new health and wellbeing venue, plus a new bookshop/reception and improved facilities and disability access throughout.

To mark the grand reopening of the LBC - and to coincide with a festival celebrating the Enlightenment of the Buddha - we're holding our biggest ever open day. All events are free and open to anyone. There will be talks about Buddhism and about our Breathing Space 'Mindfulness for Health' programme, as well as meditation sessions throughout the day. Plus free offers at local Buddhist businesses connected to the LBC.

In the evening, there'll be a celebration to mark the completion of the building work - with presentations and rejoicings in everyone who's made it happen...followed by live music, dancing, and refreshments.

Programme of Events

11.00 Doors open

Free refreshments served throughout the day.

Buddhism - talks, film & discussion : main shrine room

11.30 Talk : 'Buddhism and happiness'. It is now clear that increased wealth does not lead to increased happiness. Buddhism can help us make sense of life's biggest questions - pointing the way to authentic happiness, and to a deeper sense of meaning. With Maitreyabandhu.

12.30 Film : Lotus in the City. An exciting look at the London Buddhist Centre and the people who come to it, with Q&As after the film.

1.30 Talk : 'Buddhism and science'. More than ever religion and science have been pitted against each other. Buddhism has a unique perspective to offer, a spiritual vision without God or superstition, and one that can sit alongside modern science. With Jnanavaca.

2.30 Talk : 'Buddhism and love'. There is an international shortage of positive emotion. Love, warmth, interest, courage, transcendence - they are essential if we want to be happy and healthy. Buddhism can help us cultivate those things. With Subhadramati.

3.30 : Q & A with a Buddhist panel : Your chance to ask our panel of practising Buddhists anything about Buddhism, meditation...and life!

Mindfulness meditation sessions : small shrine room

The more aware we become the more fully and deeply we can live our lives. More awareness, more life! We will be teaching the 'mindfulness of breathing' practice at: 12, 1, 2, 3, and 4pm.

Mindfulness for health : Breathing Space (basement)

Breathing Space is the London Buddhist Centre's mindfulness for health programme. We provide Mindfulness Based Approaches (MBAs) that help prevent relapse into depression and addiction, and manage stress and anxiety.

For further information please visit our website - www.breathingspacelondon.org.uk

11.30 Talk : 'CBT and meditation'. When combined with Cognitive Behaviour Therapy (CBT), meditation can be a powerful tool for challenging deep-rooted negative thinking and behaviours. With Fiona Johnston, Clinical Psychologist.

12.30 Taster meditation session : Mindfulness Based Approaches, with Q&As.

1.30 Talk : 'Acceptance is the key'. Acceptance and Commitment Therapy (ACT) uses the principles of mindfulness, acceptance and commitment to challenge negative thinking and feelings. ACT forms the basis of our 'Meditation into Life' follow-on course. With Paramabandhu, NHS Consultant Psychiatrist and Breathing Space Clinical Lead.

2.30 Talk : 'The Mindful Way to Stop Smoking'. With the right combination of clear thinking, a sensibly staged plan for stopping, and mindfulness meditation, anyone can free themselves from the nicotine habit - easily and painlessly. With Nagabodhi, pioneer of Mindfulness Based Smoking Cessation.

3.30 Taster meditation session : Mindfulness Based Approaches, with Q&As.

4.30 Talk : 'It's all about happiness'. Recovering from depression or addiction isn't just about no longer being 'unwell' - it's also about discovering life's genuine pleasures and an authentic happiness. With Tim Segaller, Breathing Space Manager.

Evening celebration at the LBC

7.30 : Presentations, speeches and rejoicings in the main shrine room.

8.30 till late : Live music, dancing, and refreshments on the ground floor of the LBC.