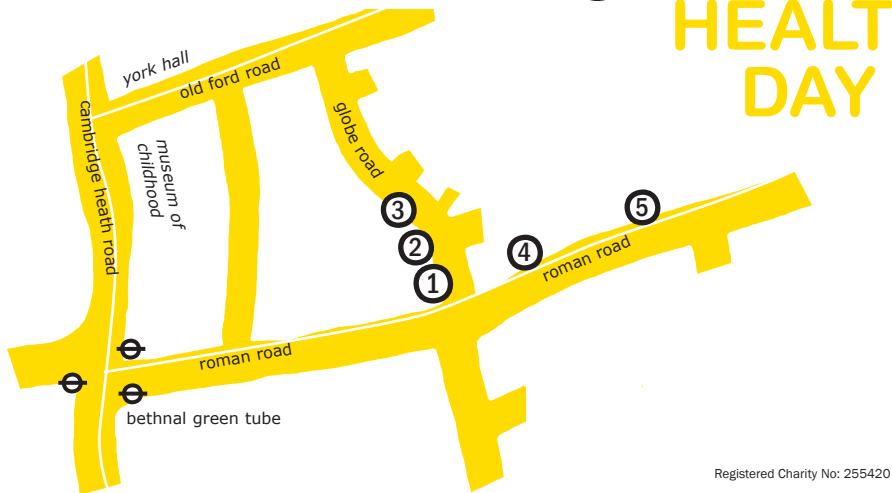


# The Buddhist Village **TOTAL HEALTH DAY**



## 1 London Buddhist Centre (51 Roman Road, E2)

www.lbc.org.uk  
 www.breathingspacelondon.org.uk  
 phone: 0845 458 4716  
 email: info@lbc.org.uk

## 2 Wild Cherry Vegetarian Restaurant (241 Globe Rd, E2)

Tea, coffee and cakes. Vegetarian and vegan food. Courtyard garden.

## 3 Jambala Charity Shop (247 Globe Road, E2)

Second hand books, records & bric-a-brac. Selected books at half price for the day.

## 4 Evolution Gift Shop (59-61 Roman Rd, E2)

Evolution's goods are made by craft workers in areas that are poor by Western standards. Fair trade with them brings genuine benefits to these people.

## 5 Bodywise Yoga & Natural Health (19 Roman Road E2)

Acupuncture to counselling. Pilates to T'ai Chi.

### PRIZE DAW STAMPS HERE

1 2 3 4 5

Name / Telephone Number.....

OPEN DAY AT THE LONDON BUDDHIST CENTRE

# TOTAL HEALTH DAY

SAT 19 SEP

11AM - 5PM

MEDITATION  BUDDHISM  WELLBEING

ALL EVENTS ARE FREE

## Events at the London Buddhist Centre

### ☀ Mindfulness Meditation

More awareness, more life! The more aware we become the more fully and deeply we can live. We will be teaching the 'mindfulness of breathing' practice at 11.45-12.45 / 12.45-1.45 / 1.45-2.45 / 2.45-3.45 / 3.45-4.45 / 4.45-5.45

☀ **12pm Film : Lotus in the City** This film is a moving and intimate story of what it is like to practise Buddhism and meditation right here and now in the East End of London.

☀ **1pm Talk : Life with Full Attention** Mindfulness is noticing life as it happens to us. It means being truly alive. Maitreyabandhu introduces his book, Life with Full Attention - a practical course in mindfulness. The book guides you through an eight-week introduction to mindfulness.

☀ **2pm Talk : The Wheel of Life** How does Buddhism approach the human condition? How can we change? What do we need to do to make spiritual progress? Satyadaya explores an ancient Buddhist symbol.

☀ **3pm Talk : The Creative Initiative** A practical exploration on how to keep initiative and erode habits so that meditation continues to be effective. Led by Vajradaka who was a teacher at Vajraloka meditation retreat centre for 21 years.

☀ **4pm Talk : Karma and Rebirth** What is the truth about karma? What happens when we die? Was Glen Hoddle right? In this talk, Vandanajyoti explores the Buddhist vision of life and death, karma and rebirth.

## Events at Breathing Space

Breathing Space at the London Buddhist Centre provides Mindfulness Based Approaches (MBAs) to help prevent relapse into depression and addiction, and to manage stress and anxiety. This is an opportunity to find out more.

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

☀ **12.30pm Taster session : Mindfulness Based Approaches** Experience a taster class of mindfulness for health plus Q&As. With Vanaraji.

☀ **1.30pm Managing stress** : Learn how the mind and body affect each other - and how to relax and enjoy life with simple techniques you will be able to use at work and at home. With Dayachitta.

☀ **2.30pm Taster session : Mindfulness Based Approaches** including Q&As. With Subha.

☀ **3.30pm Talk : 'It's 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.

## Events at Bodywise

We need to make time for a healthy body and a healthy mind - each affects the other. Bodywise is a few minutes' walk from the London Buddhist Centre.

☀ **3.00 - 6.00pm Chi Kung workshop with Ushi**

☀ **4.00 - 5.00pm Introduction to Yoga**

Both classes are on a donation only basis. Please arrive early to avoid disappointment.

**Try something new with a discounted consultation or (mini-) treatment!** Homeopathy, EFT, Massage, Counselling, Life-coaching ... and more to be confirmed. These can be booked from 9am on the day - only one booking per person. Please see our website nearer the time for updated information about the day [www.bodywisehealth.org](http://www.bodywisehealth.org) or call 020 8981 6938

## Prize Draw

To enter, get a stamp from each participating venue (overleaf) and return the programme to the London Buddhist Centre before 4.15pm. You could win one of these prizes:

- ☀ **Buddhist Meditation Foundation Course at the LBC**
- ☀ **Beginners course in Yoga, Pilates or T'ai Chi at Bodywise**
- ☀ **An ethically traded gift from Evolution's well being range**
- ☀ **Meal for two at The Wild Cherry (£10 maximum each)**
- ☀ **Selected Books from Jambala**