

# What's on – at a glance

Meditation
  Gardening
  Quiet Space
  Open Day

2024

January			
6th (Sat)	<b>10am</b> Introduction to Shinnyo Meditation 'Breathing'		<b>2.30pm - 4pm</b> Quiet Space
23th (Tue)			<b>2.30pm - 4pm</b> Quiet Space
February			
10th (Sat)	<b>10am</b> Introduction to Shinnyo Meditation 'Body Awareness'		<b>2.30pm - 4pm</b> Quiet Space
21st (Wed)			<b>2.30pm - 4pm</b> Quiet Space
25th (Sun)	<b>10am</b> Introduction to Shinnyo Meditation 'Sound'	<b>1pm</b> Contemplative Gardening	
March			
3rd (Sun)	<b>10am</b> Introduction to Shinnyo Meditation 'Focal Point'		<b>2.30pm - 4pm</b> Quiet Space
16th (Sat)	<b>10am</b> Introduction to Shinnyo Meditation 'Breathing'		
21st (Thu)			<b>2.30pm - 4pm</b> Quiet Space
23st (Sat)		<b>1pm</b> Contemplative Gardening	<b>2pm - 4pm</b> Open Day

# What's on offer at Shinnyo-en Buddhist Centre?

January - March 2024

Frequently Asked Questions



## Quiet Space

Our meditation rooms are open for private meditation and prayer. These drop-in sessions are designed for your own self-reflection and contemplation without a meditation guide.

Ideal for those wishing to simply calm the mind or work on their meditation practice. Refreshments available. Lounge, library, and gardens are also open. Staff member available for Q&A or chat.

**Book to attend** [www.shinnyoenuk.org/quietspace](http://www.shinnyoenuk.org/quietspace)

## Contemplative Gardening

Join and meet other volunteers for the meditative practice of caring for our beautiful gardens.

You might be looking for time outside to refocus or think something over whilst gardening, need space to mindfully reflect as you pull up the weeds, or simply enjoy the communal activity of gardening and getting to know others.

Whatever you are looking for, we hope that you will discover the positive benefits of nurturing and caring for nature, so that others can also enjoy this tranquil space in the future. Bring wellies and gloves, all other tools provided.

**Book to attend** [www.shinnyoenuk.org/contemplative-gardening](http://www.shinnyoenuk.org/contemplative-gardening)

## Introduction to Shinnyo Meditation

Introductory session to meditation, helps you to calm and focus, build confidence in reflection and gaining insight into your experiences. The practice of meditation invites gradual awareness of 'shinnyo' a Buddhist term that refers to our authentic and positive nature.

We offer 45-minute meditation sessions exploring different exercises in calming, focusing and reflection, ideal for those wishing to learn to meditate. Each session is led by a meditation guide and offers you space to practice techniques, discuss and learn from each moment, inviting a sense of personal renewal.

**Book to attend** [www.shinnyoenuk.org/introduction-to-shinnyo-meditation](http://www.shinnyoenuk.org/introduction-to-shinnyo-meditation)

## How to join Introduction to Shinnyo Meditation

We offer one free taster session, after which basic membership is required. Members may come to as many sessions as they wish.

### Donations

We accept donations at your discretion for each session, there is no fixed fee or charge.

## FAQs

### What is available at Shinnyo-en Buddhist Centre without membership?

- Quiet Space x 2 per month
- Contemplative Gardening
- Shinnyo Meditation (1 free taster session)

### What is available if I become a new member at Shinnyo-en Buddhist Centre?

- Quiet Space x 2 per month
- Contemplative Gardening
- Shinnyo Meditation x 3 per month (unlimited sessions)
- Further opportunities to deepen meditation practice and explore Shinnyo Buddhism
- Access to new members website with resource of articles and videos to learn about Buddhism and Shinnyo-en. Early booking and be the first to know for forthcoming events.

### What is basic membership?

Annual membership of Shinnyo-en Buddhist Centre is £12 per year (or £1 per month) + initial registration fee (£1) and renewable each year thereafter.

## How can I stay in touch?

Visitors can sign up for our **Friends Newsletter** to learn about forthcoming activities.

**Web :** [www.shinnyoenuk.org](http://www.shinnyoenuk.org)

**Email :** [enquiries.uk@shinnyo.info](mailto:enquiries.uk@shinnyo.info)

**T e l :** 020 8398 2221

