

What's on – at a glance

Meditation
 Gardening
 Quiet Space
 Open Day

2025

April

6th (Sun)	10am Introduction to Shinnyo Meditation 'Body Awareness'		
24th (Thu)			2pm - 4pm Quiet Space
27th (Sun)		11am - 12pm Contemplative Gardening	

May

3rd (Sat)	10am Introduction to Shinnyo Meditation 'Breathing'		
10th (Sat)			2pm - 4pm Quiet Space
21st (Wed)			2pm - 4pm Quiet Space
25th (Sun)		11am - 12pm Contemplative Gardening	2pm - 4pm Open Day

June

1st (Sun)	10am Introduction to Shinnyo Meditation 'Focal Point'		
4th (Wed)			2pm - 4pm Quiet Space
14th (Sat)		1pm - 2pm Contemplative Gardening	
21st (Sat)			2pm - 4pm Quiet Space

For events in 2025 please subscribe to our Friends Newsletter or visit www.shinnyoenuk.org/events

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

April- June
2025

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. The lounge, library, and gardens are also open. You are free to arrive at any time and stay as long as you wish within the two-hour session.

Book online to attend.

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 or need space to mindfully reflect as you pull up weeds, or simply enjoy the communal activity of gardening with others. Whatever you are looking for, we hope that you discover the positive benefits of nurturing and caring for nature, so others can also enjoy this tranquil space in the future. Bring wellies and gloves. All other tools are provided. Tea and coffee provided after the session

Book online to attend.

Introduction to Shinnyo Meditation

Introductory meditation session that helps you to calm and focus, build confidence in reflection, and gain 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 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 practise techniques, discuss and learn from each moment, inviting a sense of personal renewal.

Book online to attend.

FAQs

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

- Quiet Space x 2 per month
- Contemplative Gardening (Feb – Nov)
- Introduction to Shinnyo Meditation (1 taster session)

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

- Quiet Space x 2 per month
- Contemplative Gardening (Feb-Nov)
- Introduction to Shinnyo Meditation (unlimited sessions)
- Shinnyo Meditation Programme
- Further opportunities to deepen meditation practice and learn more about Shinnyo Buddhism through Chanting and Meditation sessions, which include short explanatory talks
- Half-day retreats
- Access to new members' website with resources of articles and videos to learn about Buddhism and Shinnyo-en. Early booking and be the first to know about forthcoming events
- Annual Practice of Renewal (Jan-Feb)
- Sesshin Meditation: meditation training unique to Shinnyo Buddhism

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 to attend events?

To book events, please visit <https://www.shinnyoenuk.org/events>

How can I stay in touch?

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

Web : www.shinnyoenuk.org

Email : enquiries.uk@shinnyo.info

Tel : 020 8398 2221

