

How to get here

By Car from the West

From M62(Jn.12) or M60 follow M602 towards Manchester. Leave M602 at Jn.2 to follow A576 towards Pendleton; straight on for about 2 miles on A576 (Eccles old road) until an *underpass* (A6) ; bear left immediately after underpass and follow A576, turning left towards Ashton U Lyne. Continue straight on for about 1 mile on A576 (Broughton/ Cromwell Rd.) until you cross over a small bridge over the River Irwell . Immediately after the bridge crossing, turn left at the traffic lights into Lower Broughton Road; straight on for about half a mile; as soon as you pass Manchester United football practice ground on the left, and after climbing a small gradient for about fifty yards, 420 is on your right.

From Billinge (site of the original centre), follow A580 (East Lanc. Road) towards its end when it joins A6; Follow A6 and turn left into A576 (Broughton/ Cromwell Rd), and follow A576 as above.

Alternatively, leave M602 at Jn.1 (instead of Jn.2), bear left into A5063(Albion Way); At the second set of main traffic lights turn left into A6 towards Pendleton ; follow A6 until at the big roundabout, follow A576 towards Ashton U Lyne as above.

By Car from the East

From M62 westbound at Junction 18 road name changes to M60 towards M60/M62/Ring Road (W)/ L'Pool. Take Exit/Junction 17(Sign posted A56/M'CR City Centre/Prestwich/Whitfield) , keep LEFT and take the first exit at the round-about onto A56 (Bury New Road) . After 2.5 miles turn RIGHT onto B6187 (Knoll Street). Stay on B6187 as road name changes to Great Clowes Street. Turn RIGHT onto Duncan Street. Turn LEFT onto Lower Broughton Road. The entrance to the Centre is on your left.

By Train

Piccadilly Station is your arrival point in Manchester. Best way is to take a taxi ride from there to 420 Lower Broughton Road (4.3 miles).

By Air

Manchester Airport is your arrival point in Manchester. Best way is to take a taxi ride from there to 420 Lower Broughton Road (4.3 miles).

If you would like to be on the mailing list for MDF news, kindly tick this box

If you would like to donate, please write a cheque payable to 'Mahasi Dhamma Fellowship' and send to the Centre at the given address.

My particulars :-

Name : _____ (Dr, Mr., Mrs., Mdm., Ms.)

Address : _____

Home : _____ Office : _____

Mobile : _____ Email : _____



MAHASI DHAMMA FELLOWSHIP

Charity Registration No. 328302

420 Lower Broughton Road, Salford,
Greater Manchester, M7 2GD

Tel: +44 (0) 161 281 6242

Email: admin@saraniya.com

Website: www.saraniya.com

MAHASI DHAMMA FELLOWSHIP (MDF)

REGISTERED CHARITY NO. 328302

MDF is the charitable organisation established since 1986/87 to help people who wish to learn and practise insight vipassana meditation. Experienced meditation teachers reside at the meditation centre for this purpose.

The meditation centre can accommodate up to 20 meditation retreat students at one time and the main hall can accommodate up to 40 students for Dhamma Lectures.

OBJECTIVES

- To provide opportunity for Vipassana Meditation Practice
- To arrange opportunities for teaching/learning with regard to Dhamma and Insight Meditation
- To provide a positive forum for the community with activities to exchange views and cultural practices

WHAT IS THE VIPASSANA MEDITATION?

The term Vipassana can be explained as a way to have a penetrating insight or understanding into the true nature of the physical and mental phenomena in oneself: impermanence, dissatisfaction and non-relief.

This meditation centre is named “ SARANIYA DHAMMA “ to reflect the six factors or methods to achieve conciliation, accord, friendliness, love and courtesy amongst individuals or association.

Annual Events

1. Burmese New Year Celebration (Water Festival) - April
2. Dhamma Sekyar Day Celebration (Beginning of Buddhist Lent) - July
3. One week in-house Basic Buddhism & Culture Course for children - August
4. Abhi Dhamma Day Celebration (Festival of Light) - September/October
5. Kathina Day Celebration (Robe Offering) - October/November
6. Every Saturday (7:00-8:00pm) during the Summer Months (Waso) for Dhamma Talk and Meditation session.

Activities

Evening Classes

Wednesdays (weekly) : 7:00—8:30pm

In-house group meditation & Dhamma discussion

Meditation Retreats

Long Retreats

- Easter (March/April)
- Summer (July/August)
- Winter (December/January)

One Day Retreats

- Day Retreat for Beginner - the last weekend of each month

Short Retreats

- Please contact the centre for the intended period of stay and arrangements shall be made according to the availability of the Resident Monk

Saturday & Sunday

In-house weekend Meditation Retreat are offered. Please visit our website or contact our Centre for details.

Swan Dana (Lunch Donation to the Sangha)

Every first **Sunday** of the month; offering lunch to Sanghas (lunch for all visitors), the Dhamma talk will be delivered by the Resident Monk and followed by a short meditation session.

(Those wishing to offer Swan Dana (lunch) to please arrive to the Centre by 10:30am)

Enquiry

Saraniya Dhamma Meditation Centre

+44 (0) 161 281 6242

Please visit our website at www.saraniya.org.uk for further information