

**Sussex Mindfulness Centre:  
Mindfulness and Compassion with integrity**



**Can we still have  
meaningful mindfulness  
practice without classical  
Buddhist teachings and a  
system of ethics?**

A day of practice, teaching and discussion

**Who is this for?**

For anyone who would like to practice in the presence of a deeply embodied teacher; and for anyone interested in the dialogue between secular mindfulness and its Buddhist heritage.

Join us for an inspiring day with Ajahn Amaro, Abbot of Amaravati Buddhist monastery, and one of the foremost contemporary teachers of meditation in the Theravada Buddhist tradition.

**Led by:** Ajahn Amaro

**Date:** Friday 14<sup>th</sup> April 2017 (Good Friday)

**Time:** 9.30-5pm

**Venue:** Sussex Education Centre, Nevill Avenue, Hove BN3 7HY

**Cost:** £40.00

Funded for Trust Approved Mindfulness Teachers

Certificate of attendance will be emailed after the event.

**Request a booking form:**

[SMC@sussexpartnership.nhs.uk](mailto:SMC@sussexpartnership.nhs.uk)

**Bio:**

Born in England in 1956, Ven. Amaro Bhikkhu received his BSc. in Psychology and Physiology from the University of London in 1977.

Spiritual searching led him to Thailand, where he went to Wat Pah Nanachat, a Forest Tradition monastery established for his Western disciples by Thai meditation master Ajahn Chah, who ordained him as a bhikkhu in 1979.

He returned to England that same year and joined Ajahn Sumedho at the newly established Chithurst Monastery. He resided for many years at Amaravati Buddhist Monastery, Hertfordshire, making trips to California every year during the 1990s.

In June of 1996 he established Abhayagiri Monastery in Redwood Valley, California, where he was co-abbot with Ajahn Pasanno until July, 2010.

Ajahn Amaro has written a number of books, including an account of his 830-mile trek from Chithurst to Harnham Vihara called Tudong – the Long Road North, republished in the expanded book Silent Rain.

Other works published by him include Small Boat, Great Mountain (2003), Rain on the Nile (2009), The Island – An Anthology of the Buddha's Teachings on Nibbana (2009) co-written with Ajahn Pasanno, Finding the Missing Peace (2011) and For the Love of the World (2013).

Ajahn Amaro returned to Amaravati in July, 2010, at the invitation of Ajahn Sumedho to assume the duties of abbot of Amaravati Monastery.

