



schools, scouts and guides visits

Thousands of young people visit the Temple every year. They meet a Buddhist teacher who, through sharing their experience of living a modern Buddhist way of life, brings alive what they are learning.

See manjushri.org/school-and-college-visits or manjushri.org/scouts-guides-visits

“Thank you so much for our trip today. It was superb and the children are full of information and reactions to the day. They have asked if we can incorporate some meditation into our school day!”

adult group visits

A guided tour geared to your group's interests. Visit the Temple to learn about the spiritual life of modern Buddhists. Discover the history of Conishead since 1160. Optional cream tea.

See manjushri.org/group-visits

“We all enjoyed a very interesting afternoon. Everyone felt the calm and peacefulness. We do like to come up with something a bit different for our trips and this fitted the bill perfectly.”



volunteers welcome

The generosity and dedication of our volunteers enables us to welcome visitors all year round. If you can help, then one day really can make a difference! Maybe you would like to stay for a week or more. Interested? We would love to hear from you.

Email: info@manjushri.org

visitor comments

‘Absolutely amazing Temple, awe inspiring and so calm!’

‘Tried a 15 minute meditation, felt very peaceful afterwards.’

‘Delicious food in the café. Always a friendly, warm welcome.’

‘Love the woods and walking on the beach.’

‘Very good guided tour. Informative and interesting.’



A special present for everyone
FREE eBook of Geshe Kelsang Gyatso's
'How to Transform Your Life'
Download at howtoTYL.com

2019

OPEN TIMES

TEMPLE, CAFÉ and SHOP
Daily 11am to 5pm

GROUPS

Dawn to dusk

GUIDED TOURS

2.30pm on Sat and Sun,
and Bank Holidays on
Good Friday, Easter Monday,
Mon 6 May and Mon 26 Aug.

CLOSED TIMES

Closed to Day Visitors
during Buddhist Festivals

Mon 13 May and reopen on
Mon 3 June

Mon 15 July and reopen on
Sat 17 August

Everyone is welcome to
attend the Festivals,
please book online at
kadampafestivals.org

information

FREE parking and entry to Temple,
Café, Shop, Grounds and Toilets.
Parking and toilet for disabled.
Wheelchair access to Temple and
public rooms in historic house.
Dogs on leads welcome.

getting here

Road LA12 9QQ 2 miles south of
Ulverston on A5087 Coast Road.
30 minutes from M6 J36, follow signs for A590 Barrow.
In Ulverston take second exit at roundabout by
Booths Supermarket, take second left onto A5087
signed Bardsea / Croftlands and 'Coastal route to Barrow'.

Bus Service 11 from Victoria Road, Ulverston.
Tel. Traveline on 0871 200 22 33
See cumbria.gov.uk/buses

Train 2 miles/6 minute taxi ride from Ulverston station.
Tel. National Rail Enquires on 08457 48 49 50
See northernrailway.co.uk

Manjushri Kadampa Meditation Centre,
Conishead Priory, Priory Road, Ulverston, Cumbria, LA12 9QQ

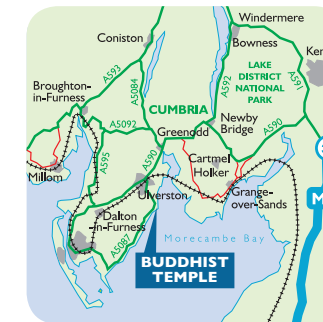
tel: 01229 584029

email: info@manjushri.org web: manjushri.org

Like us
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Conishead



Modern Buddhist Temple for World Peace

EVERYONE WELCOME



15 minute Meditations • Meditation Classes
Café • Shop • Historic House • Guided Tours
Gardens • Woodland Walks • Beach

FREE PARKING AND ENTRY

Conishead Priory, 2 miles south of Ulverston
on A5087 Coast Road, LA12 9QQ

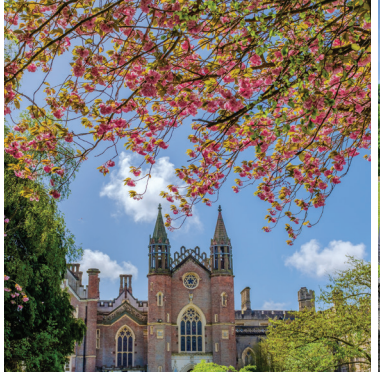
manjushri.org



Venerable Geshe Kelsang Gyatso Rinpoche



Gen-la Kelsang Dekyong



A unique visitor experience!

- Soak up the **peaceful atmosphere** in the Temple
- Find **calmness** with a free daily guided meditation
- Drop-in for a weekly **meditation** class
- Enjoy** a light lunch or afternoon tea in the Café
- Browse our **amazing** gift and book shop
- Relax** in the delightful gardens
- Learn more** on a guided tour at weekends and BH's
- Bring the kids on a **woodland** nature hunt
- Stroll along the **beach** by Morecambe Bay
- Take a break when exploring the **Bay Cycle Way**

World Peace Temple

A haven of peace in a busy world. Visiting such a blessed place helps us let go of our troubles and develop a peaceful and happy mind.

‘Only by creating peace within our own mind and helping others do the same can we hope to achieve peace in this world.’ Venerable Geshe Kelsang Gyatso Rinpoche

meditation classes in the Temple

For dates see manjushri.org/meditation-classes

Daily 12.30 and 2pm, suitable for everyone. FREE
Try a simple 15 minute guided meditation to find inner calm.

Tuesdays 7.30 - 9pm £5
Advice for Life. Practical advice to solve our daily problems.

Wednesdays 10 - 10.45am £3
Morning meditation. Start the day with inner peace and happiness.

Sundays 10.30 - 11.45am FREE
Prayers for World Peace A positive contribution to our world.

Kids' Club In the main building. Family fun with meditations, games, stories and activities. 1 child £3.50, 2 or more £5.

meditation and Buddhism courses

Something for everyone. Day and weekend courses, family weekend and guided retreats. Food for Thought evenings - meditation and meal with option of overnight stay.

See manjushri.org/courses

Drop-in evening classes also available locally in Barrow-in-Furness, Grange-over-Sands, Kendal, Kirkby Stephen and Windermere.

See manjushri.org/drop-in-classes-in-the-area

café and shop

World Peace Café Relax in our sunny conservatory or on the south lawn. Enjoy a warm welcome, coffee and cake, delicious vegetarian light lunches and afternoon tea. Free WiFi.

Gift Shop and Book Store An amazing selection of unique gifts, Buddhist books and artwork, and a kids' corner.

gardens, lake, woodland, beach

Explore seventy acres of gardens, woodlands and lake. Enjoy a picnic in the gardens. A six minute walk to the beach on Morecambe Bay offers amazing views of the Lake District and Yorkshire Dales, and is a haven for estuary birds. Pick up a free woodland walks leaflet in the foyer. Dogs on leads welcome.

weekend guided tours

Guided Tours are led by a member of the Buddhist community. Discover the history of Conishead and gain an insight into the daily life of modern Buddhists. 2.30pm on Weekends and some Bank Holidays. See 'Open Times' on back page. Adults £3.60, children FREE, please buy tickets from the shop.

heritage open days

FREE, Sat 14 and Sun 15 Sept, 11am - 5pm.

Explore your local heritage for FREE. Guided tours of the Temple and historic house. Discover the history of Conishead and gain an insight into Modern Buddhism around the world.

See heritageopendays.org.uk

walkers and cyclists welcome

Walks suitable for all Easy short walks in our gardens, and through the woods to the beach. Try a longer circular walk along the coast to Bardsea beach, up Birkrigg Common for stunning views, and back through Bardsea village to Conishead.

Cyclists Call in when enjoying the Bay Cycle Way.

See morecambebay.org.uk/bay-cycle-way/route

‘Inner peace, or mental peace, is the source of all our happiness.’

How to Transform Your Life Venerable Geshe Kelsang Gyatso Rinpoche

