

## Find Your Way Around the Centre

TO ULVERSTON →

PRIORY ROAD (A5087)

← TO BARROW



## 2020 Opening Times

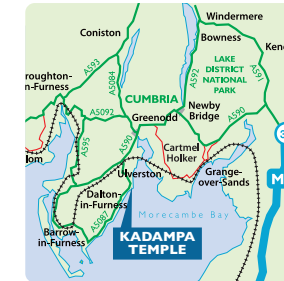
**TEMPLE, CAFÉ and SHOP** Open daily 11 am - 5 pm including Christmas, New Year, and all Bank Holidays.\*

**GROUND**s are open daily dawn to dusk.

\*With the exception of: 11 May - 31 May (re-opening 1 June) and 13 July - 14 August (re-opening 15 August), when the centre is closed for the annual Spring and Summer Festivals.

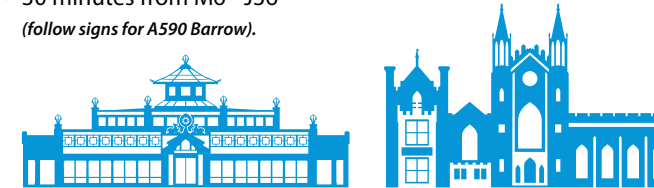
## Information

- **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

- 2 miles south of Ulverston on A5087 Coast Road.
- 30 minutes from M6 - J36 (follow signs for A590 Barrow).



## Manjushri Kadampa Meditation Centre

Conishead Priory, Priory Road, Ulverston, Cumbria, LA12 9QQ  
tel 01229 584029 email [info@manjushri.org](mailto:info@manjushri.org) web [manjushri.org](http://manjushri.org)



MKMC is part of the New Kadampa Tradition  
– International Kadampa Buddhist Union.  
Registered Charity Number: 1015054



# Kadampa Temple for World Peace



## Group Visits & Volunteering 🙌

Weekday **group visits** can be arranged for schools, youth and adult groups throughout the year. More information about group visits can be found in the day visits section of our website. **Volunteering** within this vibrant international community directly contributes to the centre's vision to

create world peace by developing inner peace. Fill in our online form: [manjushri.org/volunteering](http://manjushri.org/volunteering)



[manjushri.org](http://manjushri.org)



[manjushrikmc](https://www.facebook.com/manjushrikmc)



[@manjushri\\_kmc](https://twitter.com/manjushri_kmc)



[manjushrikmc](https://www.instagram.com/manjushrikmc)



Café • Shop • Woodland Walks • Beach  
15-minute Meditations • Meditation Classes

**ULVERSTON**

**FREE PARKING AND ENTRY**

Everybody welcome



## A Unique Visitor Experience

### Temple for World Peace – Everybody Welcome

This modern Buddhist temple is a place of tranquility dedicated to world peace and open to everyone.

Sit for a moment and enjoy the calm. Spend a few minutes letting go of all your troubles and worries and experiencing inner peace in your heart. Leave with a quiet mind and a fresh perspective.



### Try a free 15-minute meditation

Every day at 12.30 and 2pm there is a free 15-minute meditation in the Temple. Suitable for everyone, it gives you a chance to enjoy a taste of inner calm. If you wish you can then take this meditation home and practise it in your daily life.

## Experience the peace

- Enjoy the peaceful atmosphere in the Temple
- Find calmness with a free daily guided meditation
- Enjoy a light lunch or afternoon tea in the Café
- Browse our gift and book shop
- Bring the family to explore the woodland walks
- Stroll along the beach by Morecambe Bay
- Free entrance and parking

## Woodland, lake and beach

Explore 70 acres of mature woodland leading to a peaceful pebbled beach with views across Morecambe Bay. Dogs on leads are welcome. Due to dangerous quicksands, deep gullies and fast tides, it is not possible to walk on the sands or go into the water at Morecambe Bay.



## Café and shop

Enjoy a light vegetarian lunch, locally roasted coffee, or a delicious cake.

Browse our gift and book shop with its unique gifts, meditation supplies, and range of accessible books and audio on meditation and modern Buddhism.

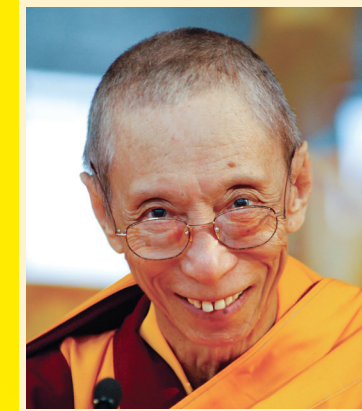


## Accessibility

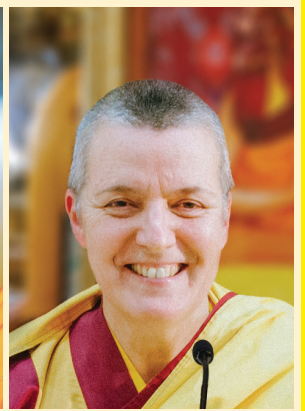
The Temple, Café & Shop are all wheelchair accessible.

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

Venerable Geshe Kelsang  
Gyatso Rinpoche



Venerable Geshe Kelsang Gyatso Rinpoche  
Founder of NKT-IKBU



Gen-la Kelsang Dekyong  
General Spiritual Director of NKT-IKBU

## Modern Buddhist centre and community at work

Surrounding the Temple almost a hundred residents live and work supporting the development of modern Kadampa Buddhism around the world. You will see people working on many international projects including the International Temples Project, the Kadampa Art Studio and the worldwide publishing company Tharpa Publications.

Founded by the contemporary Buddhist meditation master Venerable Geshe Kelsang Gyatso Rinpoche, and guided by the Resident Teacher Gen-la Kelsang Dekyong, the centre's watchword is 'Everyone is welcome!'



## A special gift for everyone

Venerable Geshe Kelsang Gyatso has made *How to Transform Your Life* available as a **FREE** ebook; download your copy at [www.howtoTYL.com](http://www.howtoTYL.com)

