



# Uganda Buddhist Centre

## JANUARY NEWSLETTER 2023



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Buddhist Peace School recently held a two-day workshop for its teachers as part of its continuous capacity training and development program. The aim of the workshop was to provide teachers with knowledge and skills in effective teaching and behavior management. The training was conducted by Julie Wyard, our current volunteer with 20 years of teaching experience in the UK.

The workshop covered a wide range of topics, including an introduction to the Buddhist Peace School as part of UBC and its history, present, and future aspirations; Advantages and disadvantages of different groupings including TPS; active learning through the example of a science topic; thinking skills; positive behavior manage-

ment; sustainability in education; ideas for 10-minute outdoor learning activities, as well as longer focused sessions (observations, investigations); presentation of some teaching materials and how they can be used. Teachers also had the opportunity to participate in hands-on activities and group discussions, which allowed them to apply the concepts they learned in a practical setting.

In addition to the academic components, the workshop also focused on building the teachers' personal skills, such as communication and teamwork. These skills were deemed essential for creating a positive and productive learning environment for children.





The feedback from the teachers was overwhelmingly positive, with many of them expressing their appreciation for the opportunity to learn and grow as educators. One teacher noted that the workshop had "refreshed" their teaching approach and provided them with new ideas for engaging learners in the classroom.

The workshop was a huge success and a testament to the school's commitment to providing its teachers with the support and training they need to excel in their roles. The school's administration believes that this investment in the teachers will ultimately benefit the students, helping them to achieve their full potential.



## A SUCCESSFUL YOGA AND MEDITATION SESSION AT UBC UGANDA BUDDHIST CENTRE



On Saturday January 28, 2023, Uganda Buddhist Centre's Kampala branch held its first formal meditation and yoga session, attracting a diverse group of both beginners and experienced meditators. The session was a combination of yoga, mindfulness meditation, and open guided discussion Centered on the Taste of Freedom.

The session was led by experienced instructors who provided a safe and supportive environment for participants to explore their inner selves through yoga postures and mindfulness. The open discussion allowed attendees to share

their experiences and insights, fostering a sense of community among the group.

Meditation has been shown to have numerous benefits for both physical and mental health. One of the key benefits of meditation is the sense of freedom it can bring to our lives. The understanding of the theme "a Taste of Freedom" in the meditation flavor is that through regular meditation practice, we can learn to release ourselves from negative thought patterns, emotions, and stress that may be holding us back and captive. When we practice meditation, we become more aware of our thoughts and emotions and can learn to let go of negative patterns and habits. This

process can lead to a greater sense of inner peace and freedom, as well as a greater ability to respond to challenges in life with calmness and clarity.

In addition to releasing negative thought patterns, meditation can also help us gain a deeper understanding of our own values and goals. This self-awareness can lead to a greater sense of purpose and direction, providing a sense of liberation from the confusion and uncertainty that may be present in our lives.

Furthermore, meditation can also help us break free from the limiting beliefs and negative self-talk that may be holding us

back. We learn to see ourselves and our lives in a new and positive light, leading to a greater sense of self-confidence and freedom.

The first formal meditation and yoga session at the Uganda Buddhist Centre's Kampala branch was a resounding success, providing a space for attendees to connect with themselves and others while learning about the benefits of yoga and meditation. The centre looks forward to hosting more events like this in the future and has regularized every Saturday for this practice.

If you are in Kampala, don't miss this opportunity!





# SUPPORTING UGANDA BUDDHIST CENTRE

UBC activities are made possible by many supporters from around the world. Therefore, we are eternally grateful Buddhist Global Relief of USA, Huong Tu Lovingkindness Foundation USA, Buddhist Fellowship of Singapore, Tan Teo Charitable Foundation, and all our beloved donors from around the world.

## UBC still needs your support:

To maintain resident teachers/monastics

To maintain the Temple

To build monks accommodation facilities

To construct and operate of Buddhist Secondary School

## How to Donate

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Universal Virtue Buddhist Charities

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3. Please take a photocopy of the check and send it via email: [ugandabuddhistcentre@gmail.com](mailto:ugandabuddhistcentre@gmail.com)

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Garden Grove, CA 92843

### Donate Online

Please follow the links below to make a secure donation online:

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