

Contact details for Buddhism

Buddhism in the UK has a rich and diverse history, with various traditions and practices represented. There are number of temples, meditation centres and organisations across the country. Traditions include Theravada, Mahayana and Vajrayana. Theravada is the oldest and most traditional. Some temples and monasteries closely replicate their counterparts in Asia whilst others have adapted to UK culture. There are also new secular Western Buddhist movements that focus on mindfulness and wellbeing.

Pupils need to be aware that any visit or visitor will represent only one tradition within many different Buddhist traditions within the UK. There is sometimes controversy between the different branches of Buddhism.

Places to Visit

The following three meditation centres welcome visits. There is usually, a small cost per pupil:

[Burnley Kadampa Buddhist Centre – Website for Burnley KBC \(meditationinburnley.org\)](http://meditationinburnley.org)

[Meditation & Modern Buddhism In Preston & Lancashire \(prestonmeditation.org.uk\)](http://prestonmeditation.org.uk)

[Meditation & Buddhism - Kadampa Meditation Centre Lancaster \(meditationinlancaster.org\)](http://meditationinlancaster.org)

Manjushri Kadampa Meditation Centre

[Manjushri Kadampa Meditation Centre - International Meditation Centre & Temple for World Peace](#)

Tel: 01229 584029

The centre is housed in a mock Gothic building with 70 acres of grounds. The design of the modern temple is based on a mandala with 4 doorways and 3 tiers. The community welcomes visits from schools with a tour, explanation of NKT (New Kadampa Tradition) beliefs, way of life, and meditation. The bookshop sells statues, incense, postcards and other artefacts. NKT is a modern Western group teaching 'modern Buddhism'.