

# Places

## Sacred Places and Pilgrimages

There are four main Buddhist pilgrimage destinations or sacred places. The four places are associated with Lord Buddha's birth, enlightenment, teaching of the *Dharma*, and death.

Lumbini is situated at the foothills of the Himalayas in modern Nepal. In The Buddha's time, it was believed to be a beautiful garden full of green and shady trees). As the birthplace of the Lord Buddha, Siddhartha Gautama, who was born in 623 BC, it is a sacred area and is considered to be one of the holiest places in the Buddhist world. The remains of Lumbini contain important evidence about the nature of Buddhist pilgrimage centres from a very early period.

Among the pilgrims to Lumbini was the Indian emperor Aśoka, who erected one of his commemorative pillars there. The site is now being developed as a Buddhist pilgrimage centre, where the archaeological remains associated with the birth of the Lord Buddha form a central feature. (UNESCO)

Bodhgaya (also written Bodh Gaya) in north-eastern India is the site of the Buddha's enlightenment and the most important pilgrimage destination for Buddhists. Known as Uruvela in the Buddha's time, the city of Bodhgaya is now a town of about 30,000 permanent residents. The two major sacred sites in Bodhgaya are the Mahabodhi Temple and the Bodhi Tree, around which many other temples and monasteries of various Buddhist traditions (Japanese, Tibetan, Bhutanese, and others) have been built. (Sacred Destinations)

Sarnath, located just 12 km from the Hindu holy city of Varanasi, is the site of the deer park where Gautama Buddha first taught the *Dharma* after his enlightenment. Sarnath has previously been known as Mrigadava (deer park), and Isipatana (the place where holy men (Pali: *isi*) fell to earth). The latter name is based in the legend that when The Buddha was born, *devas* came down to announce it to 500 holy men. The holy men all rose into the air and disappeared and their relics fell to the ground. The current name Sarnath,



Figure 46: Myanmar Golden Temple in Lumbini, Nepal—In Lumbini, Nepal there is a Buddhist Monastic Zone where there are many ornate temples, stupas, and monasteries built by diverse Buddhist groups from many different countries.

from Saranganath, means “Lord of the Deer” and relates to another old Buddhist story in which the *Bodhisattva* is a deer and offers his life to a king instead of the doe he is planning to kill. The king is so moved that he creates the park as a sanctuary for deer. (Sacred Destinations)

Kusinara (also spelled Kusinagar or Kushinagar) is the site of The Buddha Shakyamuni’s death. It is located next to Kasia, a rural town in the state of Uttar Pradesh, 52 km from Gorakhpur, in northern India. Prior to its rediscovery in the 1800s, the site was virtually forgotten and lost its prominence. Excavations began in the late 1800s and many important remnants of the main site such as the Matha Kuar and Ramabhar *stupa* were unveiled. Today, Kusinara is a popular pilgrimage site, especially for Buddhists from Asian countries. Temples have been constructed on the site by Chinese, Sri Lankan, Thai, and Japanese Buddhists alongside the ruins of ancient monasteries and stupas. (Sacred Destinations)

## Gathering Places Throughout the World

In Buddhism, a sacred place of practice is called a temple or shrine. It is not usually considered an actual place of worship since The Buddha is not considered to be a god and Buddhism does not hold a belief in a creator god or gods. Temples and shrines are often a focal point for community life, collective practices such as group meditation, and learning. Temples often contain a shrine within which meditation and ritual ceremonies may take place.

There are many sites that attract Buddhist pilgrims, however, the most important places in Buddhism are located in the plains of the Ganges River in Northern India and Southern Nepal, in the area between New Delhi and Rajgir. This is the area where Gautama Buddha was born, lived, and taught. The main sites which are connected to his life are now important places of pilgrimage for both Buddhists and Hindus, however, many countries that are or were predominantly Buddhist have shrines and places which are also popular destinations for Buddhist pilgrims.

Worldwide there are many Buddhist temples that are especially noteworthy for their architectural features, aesthetics, history, location, relics, or other factors. A description of some of these follows.

## Taung Kalat Monastery, Myanmar (Burma)

Taung Kalat Monastery was built in the 19th-century on top of an extinct volcano (Mount Popa) 1518 metres (4981 feet) above sea level. It is located in central Myanmar (Burma). To reach the monastery, one needs to climb a staircase of 777 steps. It is a popular site for Buddhist pilgrims.



Figure 47: Monastery, Taung Kalat (Mount Popa), Myanmar (Burma)

The pilgrims visit the site for many reasons including to see the many *Nats* (Spirit) temples and other relic sites atop Mount Popa. Thirty-seven *Nats* that comprise the official list of Burmese *Nats* are depicted in the form of statues at the shrine. All 37 of the Burmese *Nats* are represented in the form of statues at the shrine on Mount Popa; however, only four of them—the two Mahagiri, Byatta, and Me Wunna Nats—are believed to reside there.

## Shwedagon Pagoda (Shwedagon Zedi Daw), Yangon, Myanmar (Burma)

This pagoda is one of the most famous in the world. Locally it is known as Shwedagon Zedi Daw and also as the Great Dragon Pagoda. It is believed by some to have been built more than 2,500 years ago, but there are no historical records that document its construction.



Figure 48: Shwedagon Pagoda, Myanmar

The Shwedagon Pagoda is an impressive complex. The main gold-plated dome is crowned by a *stupa* that is decorated with over 7,000 diamonds, rubies, topaz, and sapphires. The rich decorations are offset by a massive emerald positioned just so that it reflects the last rays of the setting sun. The complex comprises hundreds of colourful temples, statues, and stupas and features revered relics such as strands of The Buddha's hair and others.

It is Myanmar's most revered shrine and is well-known across the world, making it a popular pilgrimage site for Buddhists and tourists.

## Angkor Wat, Sien Reap, Cambodia

Angkor Wat is an enormous Buddhist temple complex in Cambodia that is one of the largest religious monuments in the world. Angkor Wat was originally built as a Hindu temple in the 12th century by the Khmer kings as a spiritual home for the Hindu god Vishnu. The complex was constructed so that it represents Mount Meru, the home of the gods, according to tenets of both the Hindu and Buddhist faiths Hindu cosmic world. The different features of the temple complex represent the mountains, oceans, and dwelling place of the gods



Figure 49: Angkor Wat, Cambodia

By the end of the 12th century CE, as the religious culture began to change, Buddhism began to dominate the region and it became a Buddhist Temple. The temple is an architectural wonder featuring many artistic treasures such as the bas-relief galleries that line many walls and tell enduring tales of Cambodian history and legend. It also features many examples of Buddhist art.

Angkor Wat suffered significant damage during the rule of the Khmer Rouge regime in the 1970s and during earlier regional conflicts. Since it became a UNESCO World Heritage site it has been largely restored and protected. It is one of the most important places of pilgrimage in Southeast Asia.

## Seiganto-ji (Temple of Crossing the Blue Shore) Wakayama Prefecture, Japan

The sacred place where this temple was constructed blends Shinto and Buddhist religions. Seiganto-ji is a Tendai Buddhist temple in Nachi-Katsuura that was built in the fourth century and sits next to the Shinto Kumano Nachi Taisha shrine. The temple is one of the few that



Figure 50: Seiganto-ji, Sanju-no-to (Three-storied Pagoda) -1 (June 2014)  
Seiganto-ji, Three Story Pagoda

were connected to Shinto shrines after the forced separation of the two faith traditions during the Meiji period. A number of the original buildings were burned down in the 16th century and later rebuilt.

The temple was built near Nachi Falls, which had previously been a site of nature worship. The main deity of the temple is called Kanzeon Bosatsu (also known as Kannon Bosatsu or Bodhisattva Kannon). The temple also features a copper statue of Dainichi Nyorai (The Buddha) that is believed to date back to the 12th century.

It is the first of 33 temples on the famous pilgrimage Kumanodo Kodo route. Many pilgrims come to the temple for religious reasons as well as for the beauty of the Pagoda, the Nachi waterfall, and the surrounding forests. It was designated a UNESCO World Heritage Site in 2004.

## Wat Huay Pla Kung, Chiang Rai, Thailand

*Wat* is the Thai term for temple. The beautiful Wat Huai Pla Kang complex was established in 2001. It is located on top of a hill in Chiang Rai city's Rim Kok subdistrict, and it is surrounded by other similar green hills. The complex comprises three sections, as follows:

- A large white statue that is a representation of Guan Yin, the goddess of Mercy, but often incorrectly called Chiang Rai's Big Buddha
- A 9-tier pagoda inspired by Chinese Lanna designs
- A beautiful white temple

A highlight of the temple complex is the 9-storey Phon Choke Tham Chedi pagoda, a unique structure that artistically blends Chinese and Thai architecture and art styles. The pagoda is located near the large statue and features a beautiful staircase adorned on each side by dragons.

The statue of Guan Yin is 23 stories high and features a number of statues of various depictions of Buddha surrounding its base.

This temple is an outstanding representation of art and culture with its unusual architecture while also being a place to worship. It draws many devout Buddhists each year, in part due to the Phra Ajarn Sobchoke, the much-revered abbot of the temple.



Figure 51: Wat Huay Pla Kung, Thailand



Figure 52: Wat Huay Pla Kung, Chiang Rai, Thailand

## Byodo-In Temple, O'ahu, Hawaii, US

The Byodo-In Temple is a non-denominational Buddhist temple located on the island of O'ahu in Hawaii in Valley of the Temples Memorial Park. The temple was established in June 1968 to commemorate the 100th anniversary of Japanese immigration to Hawaii. It is a replica of the Historic Byodo-In Temple in Uji, Japan that was established in 1052.



Figure 53: Byodo-In Temple O'ahu, Hawaii

It is a non-practicing temple as it does not host a resident monastic community nor does it have an active congregation. Inside the Temple is a 5.5 m statue of the Lotus Buddha, a wooden image depicting Amitabha. It is covered in gold and lacquer.

Outside is a three-ton, brass peace bell. It is surrounded by lush landscape and gardens, along with waterfalls and ponds.

The Byodo-In Temple is visited and used by thousands of worshipers from around the globe. The temple welcomes visitors of all faiths to participate in its traditions. The temple grounds are also a popular site for weddings and meetings.

## Paro Taktsang (the Tiger's Nest), Bhutan

Paro Taktsang is the common name of Taktsang Palphug Monastery (also known as Tiger's Nest). It is a prominent Buddhist sacred site and temple complex, located in the Himalayas on a cliffside in the upper Paro valley, Bhutan.

The temple complex was first built in 1692 at a cave where Guru

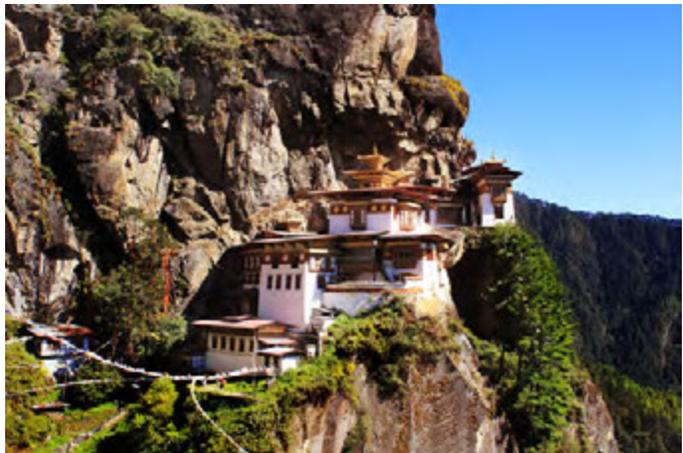


Figure 54: Paro, Taktsang Goemba (Tiger's Nest)  
Paro Taktsang, Bhutan

Padmasambhava (Guru Rinpoche) was to have meditated in the eighth century A.D. Guru Rinpoche is also known as Bhutan's "Second Buddha" as he is credited with introducing Buddhism to Bhutan and is the prime deity of the country. Today, Paro Taktsang is the best known of the thirteen taktsang or "tiger lair" caves in which he meditated.

To reach the monastery, visitors need to make a two-hour 914-metre climb from the valley, which is located 3,048 metres above sea level.

## Kek Lok Si Temple, Malaysia

Built in 1891 atop a hill in the island of Penang, Malaysia, it is one of the largest Buddhist temple complexes in Southeast Asia. It is known for its collection of stunning sculptures, hundreds of carvings, murals and exotic pillars, as well as the seven-story pagoda, which features 10,000 statues of Buddha.

Comprising a series of monasteries, prayer halls, temples, and beautifully-landscaped gardens, this national icon was built by Beow Lean, a devout immigrant Chinese Buddhist. Two-decades of additional construction of this sprawling house of worship were largely funded by donations from the Penang Straits Chinese community. The complex is a cornerstone of the Malaysian Chinese community.

Standing on a hilltop at Air Itam, near Penang Hill, Kek Lok Si is the largest Buddhist temple in Malaysia.



Figure 55: Kek Lok Si Temple, Malaysia

## Shaolin Monastery (aka Shaolin Temple), China

The Monastery/temple is of Chan (Zen) Buddhist lineage in Dengfeng County, Henan Province, China. It is believed to date back to the fifth century CE. The monks of Shaolin Monastery have practiced martial arts for many centuries, and developed a unique style called Shaolin kung fu. It is the main temple of the Shaolin school of Buddhism. The Shaolin Monastery and its Pagoda Forest were declared a UNESCO World Heritage Site in 2010 along with other Historic Monuments of Dengfeng.



Figure 56: Shaolin Monastery (temple) China

The buildings of the monastery/temple complex have been rebuilt many times, with the most recent rebuild occurring after they were gutted during China's Cultural Revolution.

Bodhidharma, who was the 28th patriarch of Indian Buddhism, is believed to have lived in Shaolin Monastery. There he meditated for several years and, in so doing, eventually formulated the system of Zen tenets, which is why he is generally recognized as the first patriarch and founder of Zen Buddhism.

## Ampara Peace Pagoda

Ampara Peace Pagoda (also known as Ampara Sama Ceitya) is located in Sri Lanka.

The pagoda in Unawatuna was built in 2005 by Japanese Nipponzan Buddhist monks of Mahayana sect. It is one of few Peace Pagodas built since World War II around the world. The intent is to promote non-violence in the community and unite people in their search for world peace.

The other Peace Pagodas in Sri Lanka are located at Adam's Peak, Ampara, Bandarawela, and Walapane.



Figure 57: Peace Pagoda, Unawatuna, Sri Lanka

## Sri Dalada Maligawa: the Temple of the Sacred Tooth

The Temple of the Sacred Tooth in Kandy, Sri Lanka was built in 1595 and is located within the royal palace complex of the former Kingdom of Kandy. The temple is the home of what many consider one of the most sacred relics in all of Sri Lanka: a tooth believed to have belonged to The Buddha. It is believed that the tooth was brought to Sri Lanka in the fourth century CE. This relic has had a long and complex history that resulted in it being moved several times. It was even stolen once but eventually returned.



Figure 58: Stupa House, Sri Dalada Maligawa

The temple of the Sacred Tooth is a two-story building where, on the top floor, the relic of the tooth is preserved. The tooth is kept in the smallest of seven

nested golden caskets, which are shaped like a *stupa*, and sit in an inner shrine inside the temple. The tooth has not been allowed to leave the temple and has not often been displayed. However, every summer a festival is held in Kandy, where a replica of the tooth is placed in a golden casket and carried through the streets.

## Key (Ki or Kye) Monastery, India

This monastery is believed to have been founded in the 11th century or perhaps earlier. It is famous in part for its unique Pasada architectural style. It is also famous for its collection of ancient murals, weapons, rare *thangkas*, along with images of Buddha in meditation.



Figure 59: Key Monastery

The monastery is in Spiti Valley, Himachal Pradesh, India. It is the biggest monastery in the region and an important training centre for Lamas. It is run by a Gelug sect of Tibetan Buddhist monks. It houses about 250 monks who live there and train, farm, and do what is required to keep the thousand-year-old monastery alive.

## Borobudur Temple, Indonesia

The Borobudur Temple and surrounding compounds are considered one of the greatest Buddhist monuments in the world. It was built in the eighth and ninth centuries CE. The temple is in the Kedu Valley, in the southern part of Central Java, Indonesia. It is decorated with stone carvings that depict the life of The Buddha. It was declared a UNESCO World Heritage site in 1991.



Figure 60: Borobudur, Yogyakarta

The temple has three tiers: a pyramidal base, the trunk of a cone, and a *stupa* at the top. The pyramidal base features five concentric square terraces. The trunk of a cone features three circular platforms. A monumental *stupa* crowns the structure. Around the circular platforms there are 72 openwork *stupas*, each containing a statue of the Buddha.

In addition to the Borobudur Temple, two smaller temples are located in the compound. The two temples are

- Mendut Temple, which features a representation of The Buddha in the form of a formidable monolith accompanied by two *Bodhisattvas*
- Pawon Temple, a smaller temple with an inner space which does not give an indication of the deity that may have been the object of worship

The Borobudur Temple functioned as a Buddhist temple from the time of its construction until sometime between the 10th and 15th centuries when it was abandoned for reasons unknown. It was rediscovered in the 19th century and restored in the 20th century.

## Jokhang Temple, Lhasa, Tibet

According to legends, Jokhang Temple in Lhasa was built in the seventh century by a King of Tibet to please two of his wives who were Buddhists, one a princess of China and the other a princess of Nepal. Jokhang is a monument to the introduction of Buddhism to Tibet and is considered by some to be the holiest temple of Tibet. This is because the Chinese princess, Wencheng, is believed to have brought with her a statue that purportedly had been blessed by The Buddha. The statue, known as the *Jowo Shakyamuni* or *Jowo Rinpoche*, is considered to be the most sacred object in Tibet and it remains enshrined in Jokhang.



Figure 61: Jokhang Temple, Lhasa, Tibet

## Sensoji Temple, Tokyo, Japan

Sensoji was built in honour of Kanzeon, or Kannon, who is the *bodhisattva* of mercy. The original temple was completed in 645 CE and it is Tokyo's oldest, most famous, and popular temple.

During World War II, much of Tokyo was destroyed by American bombing of the area, including Sensoji. Sensoji was rebuilt after the war by the Japanese people. On the temple grounds one may visit a tree that survived being hit by a bomb. The tree is a deeply cherished as a symbol of perseverance and the undying spirit of Sensoji.



Figure 62: Sensō-ji, an ancient Buddhist temple located in Asakusa, Tokyo, Japan

## Zu Lai Temple, Cotia Brazil

The Zu Lai Temple is a Buddhist temple in Cotia, Brazil. It is believed to be the largest Buddhist temple in South America. It is a temple belonging to Fo Guang Shan (which means “Mountain of Buddha’s Light”, a Chinese school of Humanist Buddhism) which is part of the Mahayana branch of Buddhism. The Zu Lai Temple is dedicated to teaching about Buddhism and its cultural and religious traditions, in Brazil and beyond.



Figure 63: Zu Lai Temple

## Hsi Lai Temple in Hacienda Heights, California

Hsi Lai Temple, is the North American Regional Headquarters of Fo Guang Shan. Fo Guang Shan (FGS) Buddhist Order is a Chinese Mahayana Buddhism monastic order and belongs to the Linji Chan School. *Hsi Lai* means “Coming to the West.” The Temple is intended to serve as a spiritual and cultural centre for those who wish to learn more about Buddhism and Chinese culture.



Figure 64: Hsi Lai Temple in Hacienda Heights, California

It is located in Hacienda Heights in Los Angeles and is one of the largest Buddhist temples in North America. Spread over 15 acres, it has a floor area of over 100,000 square feet. The temple’s architecture, gardens, and statuary are in keeping with the traditional style of Chinese monasteries from the Ming (1268–1644) and Qing (1644–1911) dynasties. The temple was completed in 1988.

## Cham Shan Buddhist Temple: Ten Thousand Buddhas Sarira Stupa

The Buddhist Association of Canada was founded in 1968. In 1973, this group founded the Cham Shan Temple of Canada located in Toronto, Canada. The temple was named after the Cham Shan Temple in Qingdao, China.



Figure 65: Ten Thousand Buddhas Sarira Stupa, Niagara Falls

The construction of the temple's Ten Thousand Buddhas Sarira Stupa in Niagara Falls was completed in 2002. Its purpose is to raise awareness of Buddhism to a broader Canadian and international audience.

The site features a vast collection of statues and art work both inside and outside the structure. The name of the *stupa* reflects the fact that there are 10,000 miniature gold Buddhas located on shelves in the walls across all levels of the various buildings in the compound. One of the other chief attractions is the large and detailed bronze statue of The Buddha. There are also statues of the Bodhisattva Avalokitesvara as well as the Grand Bell of World Peace. The bell has only been rung once since the structure was built.

## International Buddhist Temple

International Buddhist Temple is located in Richmond, British Columbia, Canada. It was opened in 1983 after completion of the main hall and operated by the International Buddhist Society. It is a Mahayana Buddhist temple but welcomes Theravada Buddhists and visitors of all religious and cultural backgrounds.



Figure 66: Exterior of the International Buddhist temple in Richmond, British Columbia

# Gathering Places in Manitoba

There are several Buddhist monasteries, temples, and dharma centres in Manitoba.

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## Chua Hai Hoi Temple

Chan Dao Vietnamese Buddhist Association of Manitoba Inc.

**Tradition:** Mahayana, Vietnamese

**Address:** 383 Dufferin Avenue, Winnipeg, MB R2W 2Y2

**Phone:** 204-586-8647

**Website:** [www.facebook.com/Ch%C3%B9a-H%E1%BA%A3i-H%E1%BB%99i-Winnipeg-Manitoba-365032434088468/](http://www.facebook.com/Ch%C3%B9a-H%E1%BA%A3i-H%E1%BB%99i-Winnipeg-Manitoba-365032434088468/)

**Teacher:** Phap Hoa

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## Dakshong Gonpa Retreat Centre

**Tradition/Lineage:** Nyingma (Vajrayana) tradition

**Lineage:** Dakshong Tulku Rinpoche independent Tibetan lama

**Address:** 150 Sunset Bay Rd, Lac du Bonnet

**Mailing address:** Box 18500, Lac du Bonnet, MB R0E 1A0

**Phone:** 204-345-9266

**Website:** [www.directory.sumeru-books.com/2006/10/dakshong-gonpa-retreat-centre/](http://www.directory.sumeru-books.com/2006/10/dakshong-gonpa-retreat-centre/)

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## Dharma Centre of Winnipeg and Rural Dharma Centre

**Tradition/Lineage:** Roots in Karma Kagyu lineage of (Tibetan) Vajrayana Buddhism and Burmese Theravada

**Address:** 18 Einarson Avenue Winnipeg Manitoba R3G OL1

**Phone:** 204-772-3696

**Email:** [info@dharmawpg.com/](mailto:info@dharmawpg.com/)

**Website:** <https://dharmawpg.com/>

**Teacher:** Lama Gyurme Dorje/Gerry Kopelow

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## Huasing Buddhist Temple, Chinese Buddhist Association of Manitoba

**Tradition/Lineage:** Chinese Pure Land Tradition Lineage

**Address:** 585 Cumberland Ave, Winnipeg, MB R3B 3M8

**Phone:** 204-784-9641

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## Kadampa Meditation Centre Winnipeg, Member of the New Kadampa Tradition (NKT)—International Kadampa Buddhist Union

**Tradition/Lineage:** Modern Buddhism with roots in Tibetan Gelug, New Kadampa Tradition

**Address:** 839 Ellice Avenue, Winnipeg, Manitoba, R3G 0C3

**Phone:** 204-691-3323

**Email:** [info@meditateinwinnipeg.org](mailto:info@meditateinwinnipeg.org)

**Website:** <https://meditateintoronto.org/>

**Resident Teachers:** Gen Kelsang Rigden

**Founder:** Venerable Geshe Kelsang Gyatso Rinpoche Mahmevanawa Buddhist Monastery, Buddha Meditation Centre  
Please note that as of time of publication, the Winnipeg centre is temporarily closed.

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## Buddha Meditation Centre Winnipeg—Mahamevnawa Buddhist Monestary Winnipeg

**Tradition/Lineage:** Sri Lankan Theravada Buddhist tradition,

**Lineage:** Ven. Kiribathgoda

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Gnanananda Thero, Ven. Dodampahala Chandasiri Maha Thero

**Address:** 2610 St Mary's Road,  
Winnipeg, MB R2N 4A2

**Phone:** 204-881-5094

**Email:** [info@BuddhistWinnipeg.org](mailto:info@BuddhistWinnipeg.org)

**Website:** [www.mahamevnawawinnipeg.org/](http://www.mahamevnawawinnipeg.org/)

**Resident Monks:** Bhante Anandasin,  
Amitha Samadhi, Sasana Sarana

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#### **Manitoba Buddhist Temple, Manitoba Buddhist Association Inc.**

**Tradition/Lineage:** Mahayana, Shin Buddhism (Japanese Jodo Shinshu). Manitoba Buddhist Temple is a member of The Jodo Shinshu Buddhist Temples of Canada (JSBTC). The JSBTC is affiliated with the Jodo Shinshu Hongwanji-ha in Kyoto, Japan.

**Lineage:** Founder Shinran Shonin

**Address:** 39 Tecumseh Street,  
Winnipeg, Manitoba, Canada R3E 0J8,

**Phone:** 204-774-9267

**Email:** [manitobabuddhistchurch@gmail.com](mailto:manitobabuddhistchurch@gmail.com)

**Website:** [www.manitobabuddhistchurch.org/](http://www.manitobabuddhistchurch.org/)

**Teacher:** Sensei Tanis Moore

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#### **Manitoba Buddhist Vihara and Cultural Association**

**Tradition/Lineage:** Theravada, Sri Lankan Tradition, Sinhalese Lineage:

**Address:** 88 Cadboro St., Winnipeg,  
MB, R3Y 1R7

**Phone:** 204-269-6026

**Email:** [contact@mbvca.com](mailto:contact@mbvca.com)

**Website:** <http://mbvca.org/>

**Teacher:** Bhante Gigummaduwe Buddhasara and Bhante Balangoda Sugathasiri

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#### **Manitoba Vipassanā Foundation**

**Tradition/Lineage:** Theravada,  
Vipassanā Meditation in the tradition

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of Sayagyi U Ba Khin as taught by S.N. Goenka

**Address:** 74 Gleneagles Road,  
Winnipeg, MB R2J 2Y2

**Phone:** 204-254-1679

**Email:** [info@mb.ca.dhamma.org](mailto:info@mb.ca.dhamma.org)

**Website:** [www.dhamma.org](http://www.dhamma.org)

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#### **River and Bridge Dharma Group**

**Tradition/Lineage:** Kama Kagyu Lineage of Tibetan/ Vajrayana Buddhism

**Lineage:** Venerable Kyabje Namgyal Rinpoche (ne Leslie George Dawson)

**Address:** 366 Kingston Crescent

**Phone:** 204-415-5973

**Email:** [brian.mcleod@imaituk.ca](mailto:brian.mcleod@imaituk.ca)

**Website:** [www.facebook.com/riverandbridgedharma/](http://www.facebook.com/riverandbridgedharma/)

**Teacher:** Lama Brian McLeod.

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#### **Soka Gakkai International**

**Tradition/Lineage:** Japanese Buddhist lay religious movement based on the teachings of the 13th-century Japanese priest Nichiren

**Lineage:** First three presidents Tsunesaburō Makiguchi, Jōsei Toda, and Daisaku Ikeda.

**Address:** 1185 Pembina Hwy,  
Winnipeg, MB R3T 2A5

**Phone:** 204-775-1757

**Website:** [www.sgicanada.org/](http://www.sgicanada.org/)

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**Winnipeg Shambhala Meditation Group**

**Tradition/Lineage:** Secular, based on Kagyu and Nyingma schools of Tibetan Buddhism

**Lineage:** Sakyong Mipham Rinpoche (Jampal Trinley Dradül), Founder  
Tibetan Chögyam Trungpa Rinpoche

**Address:** 875 Corydon Ave

**Phone:** 204-284-5863

**Email:**  
[director.wpgshambhala@gmail.com](mailto:director.wpgshambhala@gmail.com)

**Website:** <https://shambhala.org/>

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**Winnipeg Insight Meditation Group**

**Tradition/Lineage:** Non-Sectarian, Insight Meditation

**Address:** 83 Sherbrook Street (meeting location) 823 McMillan Avenue (mailing address) Winnipeg, Manitoba R3M 0T1  
Canada Winnipeg Manitoba

**Phone:** 204-453-3637

**Email:** [WIMG@mts.net](mailto:WIMG@mts.net)

**Website:** [www.winnipeginsightmeditation.org/](http://www.winnipeginsightmeditation.org/)

**Teacher:** Nelle Oosterom, Practice leader and Chair

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**Westman Dharma Group**

**Tradition/Lineage:** Manitoba Buddhist Temple/No affiliation

**Address:** 1117 Assiniboine Ave, Brandon

**Email:** [steadyinthestorm@gmail.com](mailto:steadyinthestorm@gmail.com)

**Website or Social Media:** [www.facebook.com/WestmanDharma/](http://www.facebook.com/WestmanDharma/)  
<https://sites.google.com/view/westmandharma/about-us>

**Teachers:** Robert and Tammy