

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 6.30p Tutorial (ONLINE) 6.30p Meditations with the Nuns (IN-PERSON)	Good Friday 2 10.30a White Tara Easter Retreat 1 of 4 (ONLINE)	3 10.30a White Tara Easter Retreat 2 (ONLINE)	Easter Day 4 10.30a White Tara Easter Retreat 3 (ONLINE) 4p Thought Training with Geshe Zopa (YOUTUBE)
Easter Monday 5 10.30a White Tara Easter Retreat 4 (ONLINE)	6 10.30a Guru Puja in English (ONLINE) 6.30p How Buddhism Helps (BOTH)	7 7p DB Introduction to Tantra 1 of 8 (BOTH)	8 6.30p Tutorial (ONLINE) 6.30p Learn to Meditate 1 of 4 (IN-PERSON)	9	10 2p Buddhist Art Afternoon (IN-PERSON) 6.30p Protector Prayers (ONLINE)	11 10.30a Meditation with the Nuns (IN-PERSON) 1p Teaching, Coffee & Conversation (IN-PERSON) 5p Thought Training with Geshe Zopa (YOUTUBE)
12 9a Pocket Trainings for Beginners 1 of 3 (ONLINE)	13 10.30a DB The Spiritual Teacher Review (ONLINE) 6.30p How Buddhism Helps (BOTH)	14 7p DB Introduction to Tantra 2 (BOTH)	15 6.30p Tutorial (ONLINE) 6.30p Learn to Meditate 2 (IN-PERSON)	16 7p Vajrasattva Cleansing Meditation (IN-PERSON)	17	18 10a Perfections (ONLINE) 10.30a Meditation with the Nuns (IN-PERSON) 5p Thought Training with Geshe Zopa (YOUTUBE)
19 9a Pocket Trainings for Beginners 2 (ONLINE)	20 10.30a DB Death and Rebirth 1 of 8 (BOTH) 6.30p Tara Puja (BOTH)	21 7p DB Introduction to Tantra 3 (BOTH)	22 6.30p Guru Puja in English (ONLINE) 6.30p Learn to Meditate 3 (IN-PERSON)	23	24	Anzac Day 25 5p Thought Training with Geshe Zopa (YOUTUBE)
Anzac Day Holiday 26 9a Pocket Trainings for Beginners 3 (ONLINE)	27 10.30a DB Death and Rebirth 2 (BOTH) 6.30p Medicine Buddha Puja (BOTH)	28 7p DB Introduction to Tantra 4 (BOTH)	29 6.30p Tutorial (ONLINE) 6.30p Learn to Meditate 4 (IN-PERSON)	30		



LANGRI TANGPA BUDDHIST CENTRE

PROGRAM

ONLINE

Register online to receive a zoom link 15 minutes before class starts. By donation.

IN-PERSON

Held in the gumpa (main hall). Please register to reserve your seat (COVID-safe plan and capacity limits). By donation.

BOTH

Special events, many pujas and some weekly courses are held both in-person and online, to stay accessible for all.

WELCOME

Please feel free to join in, even if the courses may have already started.

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SHOP OPEN on Sundays 9 am – 1 pm
RECEPTION OPEN Tues-Thurs from 6 pm