

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 10.30a DB Death and Rebirth 7 (BOTH) 6.30p Healing Anxiety and Depression 5 (BOTH)	2 7p DB Introduction to Tantra 8 (BOTH)	3 6.30p Meditations with the Nuns (IN-PERSON)	4	5 6.30p Guru Puja Epic Version (BOTH)	6 10.30a Meditation with the Nuns (IN-PERSON) 5p Thought Training with Geshe Zopa (YOUTUBE)
7	8 10.30a DB Death and Rebirth 8 (BOTH) 6.30p Healing Anxiety and Depression 6 (BOTH)	9 7p Protector Prayers (BOTH)	10 6.30p Meditations with the Nuns (IN-PERSON)	11 7p Vajrasattva Cleansing Meditation (IN-PERSON)	12 2p Buddhist Art Afternoon (IN-PERSON)	13 10a Perfections (ONLINE) 10.30a Meditation with the Nuns (IN-PERSON) 1p Teaching, Coffee & Conversation (IN-PERSON) 5p Thought Training with Geshe Zopa (YOUTUBE)
14	15 10.30a DB Death and Rebirth REVIEW (BOTH) 6.30p Healing Anxiety and Depression 7 (BOTH)	16 7p DB Introduction to Tantra Q&A (BOTH)	17 6.30p Meditations with the Nuns (IN-PERSON)	18 7p Tara Puja (BOTH)	19	20 10.30a Meditation with the Nuns (IN-PERSON) 2p Guru Puja (ONLINE) 5p Thought Training with Geshe Zopa (YOUTUBE)
21	22 10.30a From Afflictions to Perfections (IN-PERSON) 6.30p Healing Anxiety and Depression 8 (BOTH)	23 7p From Afflictions to Perfections (IN-PERSON)	24 6.30p Medicine Buddha Puja (BOTH)	25 7p Guru Puja in English and Tibetan (ONLINE)	26	27 10a Perfections (ONLINE) 10.30a Meditation with the Nuns (IN-PERSON) 5p Thought Training with Geshe Zopa (YOUTUBE)
28	29	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.

Langri Tangpa Centre

535 Old Cleveland Road, QLD, Camp Hill
(07) 3398 3310

info@langritangpa.org.au

www.langritangpa.org.au

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