

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31					1	2 5p Thought Training with Geshe Zopa (YOUTUBE)
Labour Day 3	4 10.30a DB Death and Rebirth 3 (BOTH) 6.30p Healing Anxiety & Depression 1 of 8 (BOTH)	5 7p DB Introduction to Tantra 5 (BOTH)	6 1.15p Vajrasattva Express Meditation (ONLINE) 6.30p Guru Puja in English (IN-PERSON)	7	8 2p Starting Point Beginner Welcome (IN-PERSON)	9 10.30a Meditation with the Nuns (IN-PERSON) 5p Thought Training with Geshe Zopa (YOUTUBE)
10 6.30p Protector Prayers (ONLINE)	11 10.30a DB Death and Rebirth 4 (BOTH) 6.30p Healing Anxiety and Depression 2 (BOTH)	12 7p DB Introduction to Tantra 6 (BOTH)	13 1.15p Vajrasattva Express Meditation (ONLINE) 6.30p Meditations with the Nuns (IN-PERSON)	14 7p Vajrasattva Cleansing Meditation (IN-PERSON)	15 2p Buddhist Art Afternoon (IN-PERSON)	16 10a Perfections (ONLINE) 10.30a Meditation with the Nuns (IN-PERSON) 1p Teaching, Coffee & Conversation (IN-PERSON) 5p Thought Training with Geshe Zopa (YOUTUBE)
17	18 10.30a DB Death and Rebirth 5 (BOTH) 6.30p Healing Anxiety and Depression 3 (BOTH)	19 7p DB Introduction to Tantra 7 (BOTH)	20 1.15p Vajrasattva Express Meditation (ONLINE) 6.30p Tara Puja (BOTH)	21 7p Guru Puja in English and Tibetan (ONLINE)	22	23 10.30a Meditation with the Nuns (IN-PERSON) 5p Thought Training with Geshe Zopa (YOUTUBE)
24	25 10.30a DB Death and Rebirth 6 (BOTH) 6.30p Healing Anxiety and Depression 4 (BOTH)	Saka Dawa 26 7p Shakyamuni Buddha Puja for Buddha's Birthday (BOTH)	27 1.15p Vajrasattva Express Meditation (ONLINE) 6.30p Meditations with the Nuns (IN-PERSON)	28 7p Vajrasattva Cleansing Meditation (ONLINE)	29 10a Mindful Families Celebrating Buddha's Birthday (IN-PERSON)	30 10a Perfections (ONLINE) 10.30a Meditation with the Nuns (IN-PERSON) 5p Thought Training with Geshe Zopa (YOUTUBE)



**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