

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31 10.30a All About Karma (final) (HYBRID) 6.30p Foundation Course 8 (HYBRID)					1 10.30a Meditation with the Nuns (IN-PERSON) 5p Thought Training with Geshe Zopa (YOUTUBE)
2	3 10.30a All About Karma 4 (HYBRID) 6.30p Foundation Course 4 (HYBRID)	4 10a Becoming Your Best Self 1 of 5 (ONLINE) 7p DB Mind and Its Potential 3 (HYBRID)	5 6.30p Meditations with the Nuns (IN-PERSON)	6	7 9a Demystifying Buddhist Ritual (final) (ONLINE) 2p Starting Point Welcome (IN-PERSON) 6.30p Protector Prayers (HYBRID)	8 10a Perfections (ONLINE) 10.30a Meditation with the Nuns (IN-PERSON) 2p Mindful Families: This Precious Life (IN-PERSON) 5p Geshe Zopa (YOUTUBE)
9	10 10.30a All About Karma 5 (HYBRID) 6.30p Foundation Course 5 (HYBRID)	11 10a Becoming Your Best Self 2 (ONLINE) 7p DB Mind and Its Potential 4 (HYBRID)	12 6.30p Meditations with the Nuns (IN-PERSON)	13 7p Vajrasattva Cleansing Meditation (IN-PERSON)	14 2p Buddhist Art Afternoon (IN-PERSON)	15 10.30a Meditation with the Nuns (IN-PERSON) 1.30p Geshe Tsultrim: Rays of the Sun (IN-PERSON) 5p Geshe Zopa (YOUTUBE)
16	17 10.30a All About Karma 6 (HYBRID) 6.30p Foundation Course 6 (HYBRID) 6.30p Cittamani Tara Puja (ONLINE)	18 10a Becoming Your Best Self 3 (ONLINE) 7p DB Mind and Its Potential 5 (HYBRID)	19 6.30p Meditations with the Nuns (IN-PERSON)	20	21	22 10a Perfections (ONLINE) 10.30a Meditation with the Nuns (IN-PERSON) 2p Medicine Puja(ONLINE) 5p Geshe Zopa (YOUTUBE)
23	24 10.30a All About Karma 7 (HYBRID) 6.30p Foundation Course 7 (HYBRID)	25 10a Becoming Your Best Self 4 (ONLINE) 7p DB Mind and Its Potential 6 (HYBRID)	26 6.30p Meditations with the Nuns (IN-PERSON)	27 7p Vajrasattva Cleansing Meditation (ONLINE)	28	29 10.30a Meditation with the Nuns (IN-PERSON) 5p Thought Training with Geshe Zopa (YOUTUBE)



**LANGRI TANGPA
BUDDHIST CENTRE**

PROGRAM

ONLINE

A zoom link is automatically emailed as soon as you register, and it will also appear on the event day. By donation.

IN-PERSON

Register with QR code when you get here. By donation (cash or card).

HYBRID

Many events are held both in-person and online, to stay accessible for all. Email us if you need to swap over!

WELCOME

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

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SHOP OPEN: Sundays 9 am – 1 pm

RECEPTION OPEN: Tues-Thurs from 6 pm