

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11 5p Thought Training with Geshe Zopa (YOUTUBE)
12	13 10.30a DB All About Karma, 1 of 8 (HYBRID) 6.30p Foundation Course, 1 of 10 (HYBRID)	14 First Wheel Turning Day 10.30a Sanghata Sutra (ONLINE) 7p Diamond Cutter Sutra (HYBRID)	15 6.30p Meditations with the Nuns (IN-PERSON)	16 7p Vajrasattva Cleansing Meditation (IN-PERSON)	17 9a Demystifying Tibetan Buddhist Ritual 1 of 4 (ONLINE) 6.30p Cittamani Tara Puja (HYBRID)	18 10.30a Meditation with the Nuns (IN-PERSON) 5p Thought Training with Geshe Zopa (YOUTUBE)
19 7p Guru Puja in English (ONLINE)	20 10.30a All About Karma 2 (HYBRID) 6.30p Foundation Course 2 (HYBRID)	21 7p DB Mind and Its Potential, 1 of 8 (HYBRID)	22 6.30p Meditations with the Nuns (IN-PERSON)	23	24 9a Demystifying Tibetan Buddhist Ritual 2 (ONLINE) 6.30p Medicine Buddha Puja (HYBRID)	25 10a Perfections (ONLINE) 10.30a Meditation with the Nuns (IN-PERSON) 5p Thought Training with Geshe Zopa (YOUTUBE)
26	27 10.30a All About Karma 3 (HYBRID) 6.30p Foundation Course 3 (HYBRID)	28 7p DB Mind and Its Potential 2 (HYBRID)	29 6.30p Meditations with the Nuns (IN-PERSON)	30 7p Vajrasattva Cleansing Meditation (ONLINE)	31 9a Demystifying Tibetan Buddhist Ritual 3 (ONLINE)	



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