

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 10a Becoming Your Best Self (final, ONLINE) 7p DB Mind and Its Potential 7 (HYBRID)	2 6.30p Meditation to Calm, Cleanse and Inspire (IN-PERSON)	3	4 2p Starting Point Beginner's Welcome (IN-PERSON)	5 10a Perfections (ONLINE) 10.30a Meditation with the Nuns (IN-PERSON) 2p Protector Prayers (ONL) 5p Geshe Zopa (YOUTUBE)
6	7 10.30a All About Karma Review (HYBRID) 6.30p Foundation Course 9 (HYBRID)	8 7p DB Mind and Its Potential 8 (HYBRID)	9 6.30p Meditation to Calm, Cleanse and Inspire (IN-PERSON)	10 7p Vajrasattva Cleansing Meditation (IN-PERSON)	11 8.45a Buddhism in the Modern World (ONLINE) 2p Buddhist Art Afternoon (IN-PERSON)	12 10.30a Meditation with the Nuns (IN-PERSON) 1.30p Geshe Tsultrim: Rays of the Sun (IN-PERSON) 5p Geshe Zopa (YOUTUBE)
13	14 10.30a Ciftamani Tara Puja (HYBRID) 6.30p Foundation Course 10 (HYBRID)	15 7p DB Mind and Its Potential Review (HYBRID)	16 6.30p Guru Puja (IN-PERSON)	17	18	19 10.30a Meditation with the Nuns (IN-PERSON) 5p Thought Training with Geshe Zopa (YOUTUBE)
20 6.30p Medicine Buddha Puja (IN-PERSON)	21 10.30a Karma Video and Discussion (IN-PERSON) 6.30p Four Immeasurable Attitudes: Meditations for Our Time 1/5 (IN-PERSON)	22 7p Mind Video and Discussion (IN-PERSON)	23 6.30p Meditation to Calm, Cleanse and Inspire (IN-PERSON)	24 7p Vajrasattva Cleansing Meditation (ONLINE)	25	26 10a Perfections (ONLINE) 10.30a Meditation with the Nuns (IN-PERSON) 5p Thought Training with Geshe Zopa (YOUTUBE)
27	28 10.30a Rebirth Game of Liberation (IN-PERSON) 6.30p Four Immeasurable Attitudes: Meditations for Our Time 2 (IN-PERSON)	29 7p From Afflictions to Perfections (IN-PERSON)	30 6.30p Meditation to Calm, Cleanse and Inspire (IN-PERSON)			



**LANGRI TANGPA
BUDDHIST CENTRE**

PROGRAM

ONLINE

A zoom link is automatically emailed as soon as you register, and will also appear in your LTC Account Page. 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