

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 <b>10.30a</b> DB Refuge in the Three Jewels 5 (HYBRID) <b>6.30p</b> Ancient Wisdom for Modern Life 2 (HYBRID)	3 <b>7p</b> DB How to Meditate 2 (HYBRID)	4 <b>6.30p</b> Mindfulness Meditations (ONLINE)	5 <b>7p</b> Vajrasattva Cleansing Meditation (IN-PERSON)	6 <b>2p Starting Point Beginner's Welcome (IN-PERSON)</b>	7 <b>10a</b> Perfections (ONLINE) <b>10.30a</b> Meditation with the Nuns (IN-PERSON) <b>4p</b> Thought Training with Geshe Zopa (YOUTUBE)
8 <b>10a How Buddhism Helps 1 of 4 (ONLINE)</b>	9 <b>10.30a</b> DB Refuge in the Three Jewels 6 (HYBRID) <b>6.30p</b> Ancient Wisdom for Modern Life 3 (HYBRID)	10 <b>7p</b> DB How to Meditate 3 (HYBRID)	11 <b>6.30p</b> Mindfulness Meditations (ONLINE)	12 <b>7p Tara Puja (HYBRID)</b>	13 <b>2p Buddhist Art Afternoon (IN-PERSON)</b>	14 <b>10.30a</b> Meditation with the Nuns (IN-PERSON) <b>2p Guru Puja (ONLINE)</b> <b>4p</b> Geshe Zopa (YOUTUBE)
15 <b>10a How Buddhism Helps 2 (ONLINE)</b>	16 <b>10.30a</b> DB Refuge in the Three Jewels 7 (HYBRID) <b>6.30p</b> Ancient Wisdom for Modern Life 4 (HYBRID)	17 <b>7p</b> DB How to Meditate 4 (HYBRID)	18 <b>6.30p</b> Mindfulness Meditations (ONLINE)	19 <b>7p Medicine Buddha Puja (HYBRID)</b>	20 <b>2p Langri Tangpa Centre Annual General Meeting AGM (IN-PERSON)</b>	21 <b>10.30a</b> Meditation with the Nuns (IN-PERSON) <b>4p</b> Thought Training with Geshe Zopa (YOUTUBE)
22 <b>10a How Buddhism Helps 3 (ONLINE)</b>	23 <b>10.30a</b> DB Refuge in the Three Jewels 8 (HYBRID) <b>6.30p</b> Ancient Wisdom for Modern Life 5 (HYBRID)	24 <b>7p</b> DB How to Meditate 5 (HYBRID)	25 <b>6.30p</b> Mindfulness Meditations (ONLINE)	26 <b>7p</b> Vajrasattva Cleansing Meditation (ONLINE)	27	28 <b>10a</b> Perfections (ONLINE) <b>10.30a</b> Meditation with the Nuns (IN-PERSON) <b>4p</b> Thought Training with Geshe Zopa (YOUTUBE)
29 <b>10a How Buddhism Helps (ONLINE) final</b> <b>6.30p Guru Puja in English (ONLINE)</b>	30 <b>10.30a</b> DB Refuge in the Three Jewels Review (HYBRID) <b>6.30p</b> Ancient Wisdom for Modern Life (HYBRID) final					



**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 be part way through.

### Langri Tangpa Centre

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