

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 <b>7p Guru Puja (ONLINE)</b>	2 <div style="border: 1px solid black; padding: 5px; text-align: center;">Closed for the long weekend</div>	3 <b>NEW TIME!!</b> <b>4p Geshe Zopa (YOUTUBE)</b>
4 <i>Queen's Birthday Public Holiday</i>	5 <b>10.30a DB Refuge in the Three Jewels, 1 of 8 (HYBRID)</b> <b>6.30p</b> Four Immeasurable Attitudes: Meditations for Our Time 3 (IN-PERSON)	6 <b>9a The Dharma Toolkit Part Two (1 of 4)</b>  <b>7p Heart Sutra Recitation (IN-PERSON)</b>	7 <b>6.30p</b> Mindfulness Meditations (IN-PERSON)	8 <b>7p</b> Vajrasattva Cleansing Meditation (IN-PERSON)	9	10 <b>10.30a</b> Meditation with the Nuns (IN-PERSON) <b>1.30p Geshe Tsultrim: Rays of the Sun (IN-PERS88ON)</b> <b>4p</b> Geshe Zopa (YOUTUBE)
11	12 <b>10.30a</b> DB Refuge in the Three Jewels 2 (HYBRID) <b>6.30p</b> Four Immeasurable Attitudes: Meditations for Our Time 4 (IN-PERSON)	13 <b>9a</b> The Dharma Toolkit Part Two (2)  <b>7p Cittamani Tara Puja (HYBRID)</b>	14 <b>6.30p</b> Mindfulness Meditations (IN-PERSON)	15 <b>7p Guru Puja (IN-PERSON)</b>	16 <b>10a Geshe Sherab: Eight Verses to Turn Your Life Around (ONLINE) 1 of 3</b>  <b>2p Buddhist Art Afternoon (IN-PERSON)</b>	17 <b>10.30a</b> Meditation with the Nuns (IN-PERSON)  <b>4p</b> Thought Training with Geshe Zopa (YOUTUBE)
18	19 <b>10.30a</b> DB Refuge in the Three Jewels 3 (HYBRID) <b>6.30p</b> Four Immeasurable Attitudes: Meditations for Our Time 5 (IN-PERSON)	20 <b>9a</b> The Dharma Toolkit Part Two (3)  <b>7p Medicine Buddha Puja (HYBRID)</b>	21 <b>6.30p</b> Mindfulness Meditations (IN-PERSON)	22 <b>7p</b> Vajrasattva Cleansing Meditation (ONLINE)	23 <b>10a Geshe Sherab: Eight Verses to Turn Your Life Around (ONLINE) 2 of 3</b>	24 <b>10a</b> Perfections (ONLINE) <b>10.30a</b> Meditation with the Nuns (IN-PERSON) <b>4p</b> Thought Training with Geshe Zopa (YOUTUBE)
25	26 <b>10.30a</b> DB Refuge in the Three Jewels 4 (HYBRID) <b>6.30p Ancient Wisdom for Modern Life, 1 of 6 (HYBRID)</b>	27 <b>9a</b> The Dharma Toolkit Part Two (final)  <b>7p DB How to Meditate, 1 of 8 (HYBRID)</b>	28 <b>6.30p</b> Mindfulness Meditations (IN-PERSON)	29 <i>Ekka Public Holiday</i>	30 <b>10a Geshe Sherab: Eight Verses to Turn Your Life Around (ONLINE) final</b>  <div style="border: 1px solid black; padding: 5px; text-align: center;">Closed for the long weekend</div>	31 <b>2p Guru Puja (ONLINE)</b> <b>4p</b> Thought Training with Geshe Zopa (YOUTUBE)



**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.

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