

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		7p DB How to Meditate 6 (HYBRID)	6.30p Mindfulness Meditations (IN-PERSON)	7p Protector Prayers and Lama Zopa Rinpoche Birthday (HYBRID)	9a Christmas Gift Stall (IN-PERSON)	10.30a Meditation with the Nuns (IN-PERSON) 2p Mindful Families – This Precious Life (IN-PERSON) 4p Geshe Zopa (YOUTUBE)
6	7	8	9	10	11	12
	10.30a How to Bless Your Speech (HYBRID) 6.30p Beyond Band aids: Self-care that strikes at the root (1 of 3) with Corey Jackson (HYBRID)	7p DB How to Meditate 7 (HYBRID)	6.30p Mindfulness Meditations (IN-PERSON)	7p Vajrasattva Cleansing Meditation (IN-PERSON)	6.30p Tara Puja (HYBRID)	10.30a Meditation with the Nuns (IN-PERSON) 2p Refuge Ceremony with Geshe Tsultrim (INPERSON) 4p Thought Training with Geshe Zopa (YOUTUBE)
13	14	15	16	17	18	19
6.30p Guru Puja in English (ONLINE)	10.30a Christmas for Buddhists (HYBRID) 6.30p Beyond Band aids: Self-care that strikes at the root (2 of 3) with Corey Jackson (HYBRID)	7p DB How to Meditate 8 (HYBRID)	6.30p Mindfulness Meditations (IN-PERSON)		6.30p Medicine Buddha Puja (HYBRID)	10.30a Meditation with the Nuns (IN-PERSON) 4p Thought Training with Geshe Zopa (YOUTUBE)
20	21	22	23	24	25	26
	6.30p Beyond Band aids: Self-care that strikes at the root (final) with Corey Jackson (HYBRID)	7p DB How to Meditate Review (HYBRID)		6.30p Christmas Eve Puja (HYBRID)	<i>Christmas Day</i>	<i>Boxing Day</i>
27	28	29	30	31	January 1	
<i>Christmas Day Holiday</i>	<i>Boxing Day Holiday</i>	6.30p Epic Guru Puja for Lama Tsong Khapa Day (HYBRID)	6.30p Nyung-Ne Retreat Introduction (ONLINE)	5a Nyung-Ne Chenrezig Compassion Retreat Day #1 (ONLINE)	5a Nyung-Ne Chenrezig Compassion Retreat Day #2 (ONLINE)	5a Nyung-Ne Finish with Dedications (ONLINE)



**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

535 Old Cleveland Road, 4152, Camp Hill Queensland, AUSTRALIA (07) 3398 3310
info@langritangpa.org.au
www.langritangpa.org.au

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