

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