

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31 9.30a Yoga (IN-PERSON) 7p Yoga (IN-PERSON)					1 9a Morning Yoga Retreat (IN-PERSON)	2 9a Diamond Cutter Study Group 2 (IN-PERSON) 10.30a Meditation: Aspects Enlightenment (IN-PERSON) 1.30p Mindful Crafting and Painting (IN-PERSON)
3 9.30a Yoga (IN-PERSON) 7p Yoga (IN-PERSON)	4 10.30a DB: How to Develop Bodhicitta 4 (HYBRID) 6.30p Becoming Your Best Self 3 (IN-PERSON)	5 9.30a Yoga (IN-PERSON) 7p DB: Death and Rebirth 1 of 8 (HYBRID)	6 6.30p Mindfulness Meditation (IN-PERSON)	7 4.15p Yoga (IN-PERSON)	8 Tsok Day 1.30p Guru Puja Epic Version (HYBRID)	9 10.30a Meditation: Calm, Cleanse, Inspire (IN-PERSON) 1.30p Gendun Group with Meditation (IN-PERSON)
10 9.30a Yoga (IN-PERSON) 7p Yoga (IN-PERSON)	11 Protector Day 10.30a DB: How Develop Bodhicitta 5 (HYBRID) 6.30p Becoming Your Best Self 4 (IN-PERSON)	12 Precepts, New Moon 9.30a Yoga (IN-PERSON) 7p DB: Death and Rebirth 2 (HYBRID)	13 6.30p Mindfulness Meditation (IN-PERSON)	14 4.15p Yoga (IN-PERSON) 7p Vajrasattva Meditation and Q&A (ONLINE)	15 9am – 4pm A Mindful Heart #2 (IN-PERSON)	16 9a Diamond Cutter Study Group 3 (IN-PERSON) 10.30a Meditation: Calm, Cleanse, (IN-PERSON)
17 9.30a Yoga (IN-PERSON) 7p Yoga (IN-PERSON)	18 10.30a DB: How Develop Bodhicitta 6 (HYBRID) 6.30p Becoming Your Best Self 5 (IN-PERSON)	19 9.30a Yoga (IN-PERSON) 7p DB: Death and Rebirth 3 (HYBRID)	20 Tara Day 6.30p Mindfulness Meditation (IN-PERSON)	21 4.15p Yoga (IN-PERSON)	22 Tsok Day 7p Guru Puja in English (HYBRID)	23 10.30a Meditation: Calm, Cleanse, (IN-PERSON) 1.30p Mindful Crafting and Painting (IN-PERSON)
24 9.30a Yoga (IN-PERSON) 7p Yoga (IN-PERSON)	25 10.30a DB: How to Develop Bodhicitta 7 (HYBRID) 6.30p Becoming Your Best Self 6 (IN-PERSON)	26 9.30a Yoga (IN-PERSON) 7p DB: Death and Rebirth 4 (HYBRID)	27 6.30p Mindfulness Meditation (IN-PERSON)	28 Medicine Buddha Day 4.15p Yoga (IN-PERSON) 7p Medicine Buddha Puja (HYBRID)	29 5p Afternoon Yoga Retreat (IN-PERSON)	30 9a Diamond Cutter Study Group 4 (IN-PERSON) 10.30a Meditation: Calm, Cleanse (IN-PERSON) 1.30p Let's Have a Chat About Death (IN-PERSON)



LANGRI TANGPA
BUDDHIST CENTRE

PROGRAM

ONLINE

A zoom link emailed as soon as you register (and if logged in it will also appear in your account). By donation.

IN-PERSON

Register when you get here. By donation (cash or card). Covid-safe plan in place.

HYBRID

Many events are held both in-person and online, to remain accessible for all. It's easy to mix and match at any time!

WELCOME

Please feel free to join any event, even if the course may have already started.

Langri Tangpa Centre

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SHOP OPEN: Sunday mornings 9am – 1pm
RECEPTION OPENS: Half hour before class