

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Langri Tangpa Centre re-opens after the Christmas break on Saturday 3 February 2024			1	2	3	4
					2p Starting Point Beginners' Welcome (IN-PERSON)	10a Lamrim Chenmo Study Group: Insight (ONLINE) 10.30a Meditation: Calm, Cleanse, Inspire (IN-PERSON)
5	6	7	8	9	10	11
[Practice Along: Guru Puja and Tsog] 9.30a Yoga (IN-PERSON) 6.45p Yoga (IN-PERSON)	10.30a Discovering Buddhism Orientation and Welcome (HYBRID) 6.30p Foundation Course 1 of 10 (HYBRID)	9.30a Yoga (IN-PERSON) 7p DB Samsara and Nirvana (1 of 8, HYBRID)	6.30p Mindfulness Meditation (IN-PERSON)		6.30p LOSAR (Tibetan New Year) Heruka Vajrasattva and Tsog for Lama Yeshe Anniversary (HYBRID)	10.30a Meditation: Calm, Cleanse, Inspire (IN-PERSON)
12	13	14	15	16	17	18
9.30a Yoga (IN-PERSON) 6.45p Yoga (IN-PERSON)	10.30a DB: Mind and Its Potential (1 of 8, HYBRID) 6.30p Foundation Course 2 (HYBRID)	9.30a Yoga (IN-PERSON) 7p DB Samsara and Nirvana 2 (HYBRID)	6.30p Mindfulness Meditation (IN-PERSON)		6.30p Cittamani Tara Puja (HYBRID)	10a Lamrim Chenmo Study Group: Insight (ONLINE) 10.30a Meditation: Calm, Cleanse, Inspire (IN-PERSON) 2p A Chat About Death (IN-PERSON)
19	20	21	22	23	24	25
[Practice Along: Guru Puja and Tsog] 9.30a Yoga (IN-PERSON) 6.45p Yoga (IN-PERSON)	10.30a DB Mind and Its Potential 2 (HYBRID) 6.30p Foundation Course 3 (HYBRID)	9.30a Yoga (IN-PERSON) 7p DB Samsara and Nirvana 2 (HYBRID)	6.30p Mindfulness Meditation (IN-PERSON)		[Practice Along: 24 Hour Mahayana Precepts] 6.30p Shakyamuni Puja for Day of Miracles (HYBRID)	10.30a Meditation: Calm, Cleanse, Inspire (IN-PERSON) 1.30p Meditative Art (IN-PERSON)
26	27	28	29			
9.30a Yoga (IN-PERSON) 6.45p Yoga (IN-PERSON)	10.30a DB Mind and Its Potential 3 (HYBRID) 6.30p Foundation Course 4 (HYBRID)	9.30a Yoga (IN-PERSON) 7p DB Samsara and Nirvana 2 (HYBRID)	6.30p Mindfulness Meditation (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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[www.langritangpa.org.au](http://www.langritangpa.org.au)

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