

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						2 10a Lamrim: Insight (ONLINE) 10.30a Meditation: Aspects Enlightenment (IN-PERSON) 1.30p Starting Point Beginner's Welcome
3 9.30a Yoga (IN-PERSON)  7p Yoga (IN-PERSON)	4 10.30a Refuge 8 (HYBRID) 1.30p Vajrasattva Practice (IN-PERSON) 6.30p Meeting of Minds (final, HYBRID)	5 Medicine Buddha Day 9.30a Yoga (IN-PERSON)  7p Medicine Buddha Puja (HYBRID)	6  6.30p Mindfulness Meditation (IN-PERSON)	7  7p Ngöndro Practice: Vajrasattva (HYBRID)	8  2p Ven. Tsewang: Whatever Happened to Altruism? 6 (IN-PERSON)	9 10.30a Meditation: Calm, Cleanse, Inspire (IN-PERSON) 1.30p Sanghata Sutra Recitation for World Peace (IN-PERSON)
10 9.30a Yoga (IN-PERSON)  7p Yoga (IN-PERSON)	11 Descent from Tushita 10.30a DB Refuge Review (HYBRID) 1.30p Vajrasattva Practice (IN-PERSON) 6.30p Diamond Cutter Sutra (IN-PERSON)	12 9.30a Yoga (IN-PERSON) 12p Be Your Own Therapist 1 of 3 (ONLINE) 7p DB: How to Meditate 7 (HYBRID)	13  6.30p Mindfulness Meditation (IN-PERSON)	14 Tsog  7p Heruka Vajrasattva Tsog (HYBRID)	15  1.30p Rebirth Game of Liberation Epic Version (IN-PERSON)	16 10a Lamrim: Insight (ONLINE) 10.30a Meditation: Mindfulness Essentials (IN-PERSON)
17 9.30a Yoga (IN-PERSON)  7p Yoga (IN-PERSON)	18 Protector Day 10.30a DB Integration Experiences (HYBRID) 1.30p Vajrasattva Practice (IN-PERSON) 6.30p Meditations for Uncertain Times 1 of 5 (IN-PERSON)	19 Precepts 9.30a Yoga (IN-PERSON) 12p Be Your Own Therapist 2 (ONLINE) 7p DB: How to Meditate 8 (HYBRID)	20  6.30p Mindfulness Meditation (IN-PERSON)	21  7p Ngöndro Practice: Vajrasattva (HYBRID)	22  2p Ven. Tsewang: Whatever Happened to Altruism? 7 (IN-PERSON)	23 10.30a Meditation: Calm, Cleanse, Inspire (IN-PERSON) 1.30p Let's Have a Chat About Death (IN-PERSON)
24 9.30a Yoga (IN-PERSON)  7p Yoga (IN-PERSON)	25 10.30a Afflictions to Perfections (IN-PERSON) 1.30p Vajrasattva Practice (IN-PERSON) 6.30p Meditations for Uncertain Times 2 (IN-PERSON)	26 9.30a Yoga (IN-PERSON) 12p Be Your Own Therapist (final, ONLINE) 7p DB: How to Meditate Review (HYBRID)	27  6.30p Mindfulness Meditation (IN-PERSON)	28 Tara Day  7p Cittamani Tara Puja (HYBRID)	29  5p Restorative Yoga Workshop (IN-PERSON)	30 Tsog 10a Lamrim: Insight (ONLINE) 10.30a Meditation: Calm, Cleanse, Inspire (IN-PERSON) 1.30 Vajrasattva Purification & Heruka Vajrasattva Tsok (HYBRID)



**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 has already started.

## **Langri Tangpa Centre**

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**SHOP OPEN:** Sunday mornings 9am – 1pm

**RECEPTION OPENS:** Half hour before class