NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 **9.30a** Yoga (IN-PERSON) **7p** Yoga (IN-PERSON)						*Descent From Tushita* 1 **10.30a** Meditation: Aspects of Enlightenment (IN-PERSON) **1.30p Special Shakyamuni Buddha Puja (HYBRID)**
2 **9.30a** Yoga (IN-PERSON) **7p** Yoga (IN-PERSON)	3 **10.30a** DB: Transforming Problems Into Happiness 7 (HYBRID) **6.30p** Practices for Our Times: Calm, Kindness & Compassion 5 (HYBRID)	*Tsok Day* 4 **9.30a** Yoga (IN-PERSON) **7p** DB: All About Karma 3 (HYBRID)	5 **6.30p** Mindfulness Meditation (IN-PERSON)	6	7	*Protector Day* 8 **9a** Diamond Cutter Study Group 9 (IN-PERSON) **10.30a** Meditation: Calm, Cleanse Inspire(IN-PERSON) **1.30p Protector Prayers (HYBRID)**
Precepts, New Moon 9 **9.30a** Yoga (IN-PERSON) **7p** Yoga (IN-PERSON)	10 **10.30a** DB: Transforming Problems Into Happiness 8 (HYBRID)	11 **9.30a** Yoga (IN-PERSON) **7p** DB: All About Karma 4 (HYBRID)	12 **6.30p** Mindfulness Meditation (IN-PERSON)	13 **7p Vajrasattva Meditation and Q&A (ONLINE)**	14 **3p-5p** Restorative Yoga Workshop (IN-PERSON)	15 **10.30a** Meditation: Calm, Cleanse Inspire(IN-PERSON) **1.30p Gendun Group with Meditation (IN-PERSON)**
16 **9.30a** Yoga (IN-PERSON) **7p** Yoga (IN-PERSON)	*Tara Day* 17 **10.30a From Afflictions to Perfections (IN-PERSON)** **7p Cittamani Tara Puja (HYBRID)**	18 **9.30a** Yoga (IN-PERSON) **7p** DB: All About Karma 5 (HYBRID)	19 **6.30p** Mindfulness Meditation (IN-PERSON)	20	21 **2p Mindful Crafting & Tsa-tsa Painting (IN-PERSON)**	22 **9a** Diamond Cutter Study Group 6 (IN-PERSON) **10.30a Mindfulness Essentials (IN-PERSON)**
23 **9.30a** Yoga (IN-PERSON) **7p** Yoga (IN-PERSON)	*Medicine Buddha Day*24 **10.30a** DB: Transforming Problems Into Happiness REVIEW (HYBRID) **7p Medicine Buddha Puja (HYBRID)**	25 **9.30a** Yoga (IN-PERSON) **7p** DB: All About Karma 6 (HYBRID)	26 **6.30p** Mindfulness Meditation (IN-PERSON)	27 **7p Vajrasattva Meditation and Q&A (ONLINE)**	28 **9a – 3p COREY JACKSON: The Problem with Words: Empathy & Compassion (HYBRID)**	29 **10.30a** Meditation: Calm, Cleanse Inspire(IN-PERSON) **1.30p Let's Have a Chat About Death (IN-PERSON)**

LANGRI TANGPA BUDDHIST CENTRE

PROGRAM

ONLINE
Zoom links can be found on the event page. Meeting opens 10 minutes before the class commences. By donation.

IN-PERSON
Register when you get here. By donation (cash or card).

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.

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