

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 9.30a Yoga (IN-PERSON) 7p DB: How to Meditate 3 (HYBRID)	2 6.30p Mindfulness Meditation (IN-PERSON)	3 7p Six-Session Tutorial (HYBRID)	4 1.30p Vajrasattva Retreat 1 of 3 (HYBRID)	5 10a Lamrim: Insight (ONLINE) 10.30a Meditation: Aspects Enlightenment (IN-PERSON) 1.30p Vajrasattva Retreat 2 (HYBRID)
6 9.30a Yoga (IN-PERSON) King's Birthday 1.30p Vajrasattva Retreat final (HYBRID) 7p Yoga (IN-PERSON)	Medicine Buddha Day 7 10.30a Refuge 4 (HYBRID) 1.30p Vajrasattva Practice (IN-PERSON) 6.30p Medicine Buddha Puja (HYBRID)	8 9.30a Yoga (IN-PERSON) 7p DB: How to Meditate 4 (HYBRID)	9 6.30p Mindfulness Meditation (IN-PERSON)	10 7p Ngöndro Practice: Vajrasattva (HYBRID)	11 2p Ven. Tsewang: Whatever Happened to Altruism? 5 (IN-PERSON)	12 10.30a Meditation: Calm, Cleanse, Inspire (IN-PERSON) 1p GROUP RECITATION: Sutra of Golden Light (IN-PERSON)
13 9.30a Yoga (IN-PERSON) 7p Yoga (IN-PERSON)	14 10.30a Refuge 5 (HYBRID) 1.30p Vajrasattva Practice (IN-PERSON) 6.30p 21 st Century Buddhists 1 of 4 (HYBRID)	15 9.30a Yoga (IN-PERSON) 7p DB: How to Meditate 5 (HYBRID)	16 6.30p Mindfulness Meditation (IN-PERSON)	17	18	19 10a Lamrim: Insight (ONLINE) 10.30a Meditation: Mindfulness Essentials (IN-PERSON)
Protector Day 20 9.30a Yoga (IN-PERSON) 7p Yoga (IN-PERSON)	Precepts 21 10.30a Refuge 6 (HYBRID) 1.30p Vajrasattva Practice (IN-PERSON) 6.30p 21 st Century Buddhists 2 (HYBRID)	22 9.30a Yoga (IN-PERSON) 7p DB: How to Meditate 6 (HYBRID)	23 6.30p Mindfulness Meditation (IN-PERSON)	24 7p Ngöndro Practice: Vajrasattva (HYBRID)	25 2p Ven. Tsewang: Whatever Happened to Altruism? 6 (IN-PERSON)	26 10.30a Meditation: Calm, Cleanse, Inspire (IN-PERSON) 1.30p Let's Have a Chat About Death (IN-PERSON)
27 9.30a Yoga (IN-PERSON) 7p Yoga (IN-PERSON)	28 10.30a Refuge 7 (HYBRID) 1.30p Vajrasattva Practice (IN-PERSON) 6.30p 21 st Century Buddhists 3 (HYBRID)	Tara Day 29 9.30a Yoga (IN-PERSON) 7p Cittamani Tara Puja (HYBRID)	30 6.30p Mindfulness Meditation (IN-PERSON)	Tsog 31 7p 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