

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 10.30a DB: How to Develop Bodhicitta 8 (HYBRID)	2 9.30a Yoga (IN-PERSON)	3 6.30p Mindfulness Meditation (IN-PERSON)	4	5 7a Registration GB26 7.30a – 5p SPECIAL EVENT Guru Bhumsok Day #1 (IN-PERSON)	6 7.30a Registration GB26 8a – 4p SPECIAL EVENT Guru Bhumsok Day #2 (IN-PERSON)
7 7p Yoga (IN-PERSON)	8 10.30a From Afflictions to Perfections (IN-PERSON) 6.30p Meditation for Beginners 1 of 4 (IN-PERSON)	9 9.30a Yoga (IN-PERSON) 7p DB: Death and Rebirth 5 (HYBRID)	10 <i>Protector Day</i> 6.30p Mindfulness Meditation (IN-PERSON)	11 <i>Precepts, New Moon</i>	12 <i>Tsok Day</i> 9am – 4pm A Mindful Heart #3 (IN-PERSON)	13 9a Diamond Cutter Study Group 5 (IN-PERSON) 10.30a Meditation: Calm, Cleanse, Inspire (IN-PERSON)
14 9.30a Yoga (IN-PERSON) 7p Yoga (IN-PERSON)	15 10.30a DB: How Develop Bodhicitta Review (HYBRID) 6.30p Meditation for Beginners 2 (IN-PERSON)	16 9.30a Yoga (IN-PERSON) 7p DB: Death and Rebirth 6 (HYBRID)	17 6.30p Mindfulness Meditation (IN-PERSON)	18 7p Vajrasattva Meditation and Q&A (ONLINE)	19 <i>Tara Day</i> 7p Cittamani Tara Puja (HYBRID)	20 10.30a Meditation: Calm, Cleanse, (IN-PERSON) 1.30p Gendun Group with Meditation (IN-PERSON)
21 9.30a Yoga (IN-PERSON) 7p Yoga (IN-PERSON)	22 10.30a DB: Transforming Problems Into Happiness 1 of 8 (HYBRID) 6.30p Meditation for Beginners 3 (IN-PERSON)	23 9.30a Yoga (IN-PERSON) 7p DB: Death and Rebirth 7 (HYBRID)	24 6.30p Mindfulness Meditation (IN-PERSON)	25	26 <i>Medicine Buddha Day</i> 2p – 5p Annual EXTENSIVE Medicine Buddha Puja (HYBRID)	27 9a Diamond Cutter Study Group 6 (IN-PERSON) 10.30a Meditation: Calm, Cleanse, (IN-PERSON) 1.30p Let's Have a Chat About Death (IN-PERSON)
28 9.30a Yoga (IN-PERSON) 7p Yoga (IN-PERSON)	29 10.30a DB: Transforming Problems Into Happiness 2 (HYBRID) 6.30p Meditation for Beginners 4 (IN-PERSON)	30 9.30a Yoga (IN-PERSON) 7p DB: Death and Rebirth 8 (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 may have already started.

Langri Tangpa Centre

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