



NAGARJUNA

KADAMPA MEDITATION CENTRE



Centre for Modern Buddhism in Northamptonshire

August 2025 - July 2026 Programme



“

It almost feels like walking into a
different world, so calm and quiet.

I hope you all come and visit to see for yourself
how wonderful the people and place are.

A Visitor

”





Creating Peace

We look forward to welcoming you at Thornby Hall

Nagarjuna Kadampa Meditation Centre is a special place of peace where everyone is welcome. Located just off the A14 in a Jacobean manor house with 17 acres of grounds, it is the perfect place to come to discover inner peace.

Open to the public year round, we offer a special taste of peace whether you come just for a few hours or stay for a short break.

The World Peace Café, gift shop and grounds are open daily from 11am - 4pm



Our spiritual programme has something for everyone



Families welcome in our Café and grounds



Wheelchair access to the cafe and meditation rooms



Dogs on leads are welcome in the grounds and café patio



En-suite accommodation

Open Day

14th Sept, 11am - 4pm

Free taster meditations

Meditation room tours • History tours

Founder & Spiritual Guide

The founder and Spiritual Guide of the NKT is Venerable Geshe Kelsang Gyatso, affectionately known as 'Geshe-la.' He was a contemporary Buddhist Master who was the driving force behind some of the most significant developments in worldwide Buddhism.

Out of his great wisdom and compassion he introduced into the modern world the pure teachings and practices of Kadampa Buddhism, and created a global infrastructure of Temples, centres, books, and meditation programmes. He created a truly international Buddhist tradition that benefits all living beings equally and without discrimination.

Venerable Geshe-la is the Spiritual Guide of thousands of people throughout the world whose hearts have been touched by his extraordinary teachings and pure, compassionate example.

All the events in this brochure are the manifestation of the compassionate heart of this remarkable holy being.

Modern Buddhism

The New Kadampa Tradition - International Kadampa Buddhist Union (NKT - IKBU) is a global spiritual family dedicated to world peace, with more than 1,300 Centres and groups throughout the world.

Kadampa Buddhism is a living tradition practised by people in all walks of life, bringing practical wisdom and inspiring solutions into our busy lives. It is perfectly suited to our modern world, because it emphasizes how to integrate positive attitudes into our daily activities, showing that we can all be spiritual people without needing to change our external conditions.

For more information please visit www.kadampa.org



Free eBooks

How To Transform Your Life and *Modern Buddhism* are being distributed freely as eBooks at the request of the author.

Download at: tharpa.com/uk

Geshe-la's birthday celebration: offering our unchanging faith

4th June

Join the global Kadampa family in a day of prayers led by Kadam Bridget Heyes, requesting the blessings of our founder and Spiritual Guide, Venerable Geshe Kelsang Gyatso.





General Spiritual Director

Gen-la Kelsang Dekyong is the elected General Spiritual Director of the NKT-IKBU and the principal Resident Teacher of Manjushri KMC in Cumbria, the mother centre of our tradition. She has practised Kadampa Buddhism and studied closely under the guidance of Venerable Geshe Kelsang Gyatso for nearly forty years. She teaches in the UK and throughout the world, including at the International Festivals listed opposite.

From April 2026, **Gen-la Kelsang Jampa** will take on the role of General Spiritual Director.

See kadampa.org for more details



International Kadampa Festivals

Fall Festival 2025

3rd - 9th October at IRC Grand Canyon, Arizona

Dorje Shugden empowerment with Gen-la Kelsang Dekyong

Spring Festival 2026

22nd - 27th May at Manjushri KMC, UK

Amitayus Empowerment and teachings on Eight Verses of Training the Mind, with Gen-la Khyenrab



Summer Festival 2026

24th July - 8th August at Manjushri KMC, UK

Week 1: Teachings on lamrim, the stages of the path to enlightenment

Week 2: Highest Yoga Tantra Empowerments of Heruka and Vajrayogini

See kadampafestivals.org for more details



The NKT International Festivals are the special method to maintain the International Kadampa Buddhist Union from generation to generation.

We should know this Union is very important; with this Union we can fulfill our own and others' wishes easily.

Geshe Kelsang Gyatso





Resident Teacher - Kadam Bridget Heyes

Kadam Bridget Heyes is the principal teacher at Nagarjuna KMC Thornby. She is a senior disciple of Geshe Kelsang Gyatso and has been practising for over 30 years. She has been teaching at Nagarjuna KMC since 1994, and in 2009 she was elected as the National Spiritual Director of the UK and Ireland.

Kadam Bridget is known for her powerful teachings, compassionate heart and deep understanding of Buddha's wisdom advice. Her teachings are exceptionally clear and she presents profound ideas in a way that are easy to practice and integrate into daily life.

Events here

Date	Event
10 August	Half-day: Improve your concentration
2 - 4 September	Refuge retreat
2 - 5 December	Vajrasattva retreat
6 December	Calming your mind in chaotic times
5 - 14 January	Vajrayogini retreat
25 January	How to live your best life
3 - 5 April	Medicine Buddha empowerment
4 - 8 May	Retreat in Menorca
12 - 14 June	Weekend retreat: The Heart Sutra
All year	Meditation classes on Wednesdays
All year	Teacher Training Programme

National Events

UK Dharma Celebration
31 October - 3 November

Welsh Dharma Celebration
12 - 14 December

Irish Dharma Celebration
6 - 8 February

Scottish Dharma Celebration
27 - 29 March



A beautiful place filled
with inspiration.

A Visitor



Weekly Meditation Classes

A typical class consists of relaxing guided meditations and a teaching on how to improve our well-being by developing positive states of mind in our daily life.

Suitable for all, our weekly classes are arranged in short courses designed to give you a deep experience of a meditation topic. You can also drop in to an individual class if you prefer. We sit on chairs and no physical exercise is involved.

Evening Classes

Drop in or book on our website.
Block booking discount available.

[‹ free to members ›](#)



WEDNESDAYS 7.15 - 8.15pm

[‹ WITH KADAM BRIDGET HEYES ›](#)

MONDAYS 7.15 - 8.30pm

Term dates

8 September - 1 October

[‹ 2 WEEK BREAK ›](#)

20 October - 10 December

[‹ CHRISTMAS BREAK ›](#)

2 February - 1 April

[‹ 2 WEEK BREAK ›](#)

20 April - 20 May

[‹ 1 WEEK BREAK ›](#)

1 June - 22 July

Lunchtime Classes

MONDAYS - FRIDAYS 1 - 1.30pm

Drop in, no need to book

[‹ free to members ›](#)

1 September - 2 October

[‹ 2 WEEK BREAK ›](#)

20 October - 19 December

[‹ 4 WEEK BREAK ›](#)

19 January - 2 April

[‹ 1 WEEK BREAK ›](#)

13 April - 21 May

[‹ 1 WEEK BREAK ›](#)

1 June - 23 July



Talk in Bedford

Letting go of stress

with Kadam Bridget Heyes

Monday 22 September 2025, 7.30 - 8.30pm

Harpur Suite (Corn Exchange), Harpur Square, Bedford MK40 1LE

Classes in Other Towns

Classes run weekly at each of these venues during term-time. Please see the website for dates. Drop in and pay on the door, cost £7 per class (or block booking discount available on our website).

Venues sometimes have to change, please check the website for up-to-date information.



Happiness is a state of mind,
so the real cause of happiness must
lie within the mind, not in external
conditions.

Geshe Kelsang Gyatso



COVENTRY

Thursdays 7.30 - 8.45pm

John White Community Centre, Grange Avenue,
Binley, CV3 2ED

DAVENTRY

Tuesdays 7.30 - 9pm

Volunteer Centre, Welfare Foundation Building,
New St, Daventry NN11 4BT

MARKET HARBOROUGH

Mondays 7.30 - 8.30pm

The Eco Village, 65 St Mary's Road LE16 7DS

OVERSTONE (nr. Northampton)

Mondays 7.30 - 8.30pm

Overstone Village Hall, Sywell Road, NN6 0AQ

PETERBOROUGH Details to be confirmed

Prayers for world peace

A short teaching and guided meditation followed by chanted prayers for a peaceful world. Free of charge, everybody welcome.

Regular Sundays, 2.30 - 3.30pm.

Please check the
website for dates.





Silent Retreat Days

Enjoy the deep stillness and seclusion on these days set aside for contemplation and spiritual focus.

An experienced meditator will guide three sessions of meditation to lead us deep into the peace of our own mind. The silence around us helps us to let go of our own mental noise and enjoy some real relaxation.

Dates:	19 August	9 September
	21 October	18 November
	9 December	27 January
	17 February	24 March
	21 April	12 May
	16 June	21 July

Time: 10.30am - 3.30pm

Longer Silent Retreats

Enjoy a rare opportunity to engage in a few days of silent retreat, learning to access and experience the deep peace and tranquility to be found within your own mind.

Being in silence allows us to go deeper into our experience of meditation without the distractions of everyday life, to really see what is going on in our mind and to take the teachings deep into our heart.

The retreats will be fully guided by an experienced meditation teacher. They are suitable for everyone, whether beginners or experienced meditators.

Dates:	Tuesday 23 - Sunday 28 September
	Friday 6 - Sunday 8 March
	Tuesday 30 June - Friday 3 July

Mini Retreats

Residential single and twin en-suite rooms are available. The courses start at 7.30pm on Friday and end at 3.30pm on Sunday. See the website for a full timetable.

Unwind and Let Go

Get away from the stresses and strains of a busy life and enjoy the restful peace of Nagarjuna KMC. These retreat weekends are designed to help you relax and set down the weight of your daily worries and concerns. Everybody welcome!

Dates

17 - 19 October

23 - 25 January

5 - 7 June

Recharge Your Batteries

Enjoy a restful weekend cultivating inner peace through meditation and practical Buddhist teachings, leaving you feeling refreshed, energised and ready to take on the world. Everybody welcome!

Dates

19 - 21 September

7 - 9 November

20 - 22 February

17 - 19 July





By the end of the day,
I felt calmer and more peaceful and
equipped to practice at home.

A Visitor



Day and Half-day Courses

10 August	 Improve your concentration <i>with Kadam Bridget Heyes</i>
24 August	Freedom from frustration
7 September	Peace of mind in troubled times
28 September	What is Buddhism
12 October	Letting go of past trauma
25 October	Your inner peace toolkit (part 1)
26 October	Your inner peace toolkit (part 2)
9 November	Bodhichitta: the mind of enlightenment
23 November	A life without fear
6 December	 Calming your mind in chaotic times <i>with Kadam Bridget Heyes</i>
30 - 31 December	New Year course
25 January	 How to live your best life <i>with Kadam Bridget Heyes</i>
1 February	How to stay cool when life heats up
15 February	Storm-proofing the mind
8 March	The confidence to change
22 March	Why me? Understanding karma
12 April	The art of letting go
26 April	Four steps to inner peace
10 May	Master your mind, master your life
7 June	Make peace with your problems
27 June	Silencing the inner critic
4 July	Craving less, living more
19 July	Don't believe everything you think

These courses give you a chance to gain some deeper experience of meditation. Covering all the basics of meditation, these are perfect as an introduction or refresher course. Suitable for everyone, they contain practical teachings, guided meditation and time to relax with spiritual friends.

Day courses: 10.30am - 3.30pm

Half-day courses: 10.30am - 1.15pm

Accommodation is always available if you wish to stay with us for these courses, just contact us for details.





Events with Kadam Bridget

In-depth retreats

REFUGE RETREAT 2 - 4 September

Refuge means turning to Buddha and his teachings as the source of our spiritual protection.

VAJRASATTVA RETREAT 2 - 5 December

Purify negative karma on this guided retreat, removing the causes of our suffering.

VAJRAYOGINI RETREAT 5 - 14 January

A guided retreat on the Uncommon Yoga of Inconceivability. For HYT practitioners only.

Medicine Buddha Empowerment

3 - 5 April

An empowerment is a special blessing ceremony, consisting of a series of guided visualisations, where we make a connection with the enlightened beings.

Medicine Buddha is our Buddha doctor, who helps us to heal the inner poison of delusions, the root of all sickness. We can use this blessed practice on behalf of ourselves and others, finding clarity, compassion and hope through the power of this kind enlightened friend.

Join us for this special weekend to form a close connection to Medicine Buddha.





Retreat in Menorca

4 - 8 May

A relaxing Buddhist retreat on the beautiful island of Menorca.

The International Retreat Centre in Menorca is a secluded refuge set in forested hills in a large conservation area, with a Temple and scenic terraces. It has beautiful walks and is known for its tranquillity.

Menorca is not your typical Spanish tourist-trap – it is rustic and unspoilt, a glimpse of a pre-commercialised Spain. The coast and towns are a 15-minute drive away, and excursions will be planned to places of interest.

Meditation from The Heart Sutra

Friday 12 - Sunday 14 June

A weekend retreat exploring the profound and liberating meditations explained in *The Heart Sutra*.

The Heart Sutra is a short, essential insight into emptiness, the ultimate nature of all things. By gaining experience of this truth, we can free ourselves from all pain and problems.

Kadam Bridget will make these profound meditations accessible for everyone through her clear instructions and practical approach.





Art courses with Kadam Chris Heyes

Our art courses, taught by internationally renowned NKT Buddhist artist Kadam Chris Heyes, can both relax and inspire. These courses are suitable for everyone, no prior experience is necessary.

PAINTING BUDDHA'S FACE Sunday 7 - Friday 12 December

On this course you can learn to craft a beautiful painting of Buddha's face. These ancient techniques help to increase peace of mind and concentration.

DRAWING WORKSHOP: A BASIC FOUNDATION Sunday 17 May

On this day course, you can learn to draw Buddha's face based on traditional methods and structures, as well as discovering the symbolism of the image.

PAINTING BUDDHA'S FORM Monday 18 - Thursday 21 May

On this course you can learn to create and compose a thangka, with in-depth guidance and demonstrations provided.





Post-Festival retreats

These short retreats are based on the teachings from the International NKT-IKBU Festivals. Suitable for all levels of experience, they are a perfect opportunity for those who couldn't attend the festival to receive the benefit of these fresh instructions, or for those who attended to deepen their experience.

Refuge, friend and helper

Post-Fall Festival retreat with Gen Lekma

Monday 13 - Thursday 16 October 2025

Prayers and guided meditations to draw close to our Dharma Protector Dorje Shugden. By relying upon this spiritual friend, we avert obstacles and create all the right conditions to succeed in our practice.

With Gen Lekma, the Resident Teacher at KMC Southampton.



Eight steps to happiness

Post-Spring festival retreat with Gen Chogka

Friday 29 - Sunday 31 May 2026

Train in developing a loving heart, guided by Gen Chogka, the National Spiritual Director of Spain. With her warmth and infectious joy, she is the perfect person to help us open out hearts.



Journey into bliss

Post-Summer Festival retreat (teacher to be confirmed)

Monday 10 - Thursday 13 August 2026

A retreat for Highest Yoga Tantra practitioners to deepen their experience. Retreat helps us go beyond the experiences gained through our daily practice and access new levels of understanding. Make the most of this opportunity to explore your own mind and its infinite potential.



Study Programmes



Teacher Training Programme (TTP) with Kadam Bridget Heyes

Suitable for those who wish to train as authentic Buddhist teachers. TTP provides an extensive study of Geshe Kelsang's books. Also available by correspondence. Apply to the EPC if you want to try it out.

Mondays and Wednesdays 9 - 11am - studying *Clear Light of Bliss*

Foundation Programme (FP)

The Foundation Programme provides a special opportunity to deepen our understanding and experience of Buddhism and meditation through in-depth study and practice. It is designed for those who wish to study Buddhism and meditation in more depth than is available at our drop-in classes. Price is included as part of Gold Membership.



SUNDAY FP

Sundays 4 - 6pm
Studying *Joyful Path of Good Fortune*



THURSDAY FP

Thursdays 7 - 9pm
Studying *The New Eight Steps to Happiness*

In-depth Group Retreats

When we engage in retreat we take time out from our ordinary life to deepen our understanding of a spiritual practice. Everyone is welcome, although some previous experience of Buddhist practice is recommended. Accommodation is available if required.

2 - 4 September	Refuge with Kadam Bridget	30 Jan - 1 Feb	Amitayus
2 - 5 December	Vajrasattva with Kadam Bridget	11 - 12 April	Nyungne
3 - 29 January	Counting retreat: Refuge prayers	14 - 16 July	Guru Yoga and Mandala
5 - 14 January	Vajrayogini with Kadam Bridget *	* Highest Yoga Tantra retreat	
16 - 21 January	Lamrim with Gen Chonyi		

Membership

Becoming a Gold Member of Nagarjuna KMC is the most economical way to enjoy our classes, retreats and day courses, whilst also supporting the growth of this extraordinary resource. For £40 per month by standing order, you gain free entry to all of our classes, events, retreats and empowerments in Thornby and Leicester. Sign up on our website.



Gold membership £40 per month

Selected live-streamed classes
Selected live-streamed events
Lunchtime & evening classes
Day & half-day courses
Weekend courses
Mini retreats
Empowerments
Art courses (materials not inc.)
Study programmes

at Thornby & Leicester
Does not include
accommodation or meals
Min subscription six months



Silver membership £25 per month

Selected live-streamed classes
Lunchtime classes
Evening classes

at Thornby & Leicester
Min subscription six months



Pay as you go

Live-streaming	X
Lunchtime classes	£3.50
Evening classes	£7
Day courses	£30
Half-day courses	£28
Weekend courses	£70
Empowerments	£60

Meditation and a Meal

A guided meditation followed by a delicious two-course vegetarian meal to delight your taste buds.

From 1pm

17 August

13 September

22 February

Meditation & afternoon tea

An elegant day out with a meditation before a selection of sandwiches, scones and cakes. From 2pm.

31 August

21 September

19 October

18 January

19 April

20 June

5 July

Seasonal specials

22 November

History tour followed by afternoon tea

14 December

Winter warmer with added mince pies and punch

7 February (1.30pm) Snowdrop walk followed by afternoon tea

8 February (1.30pm) Snowdrop walk followed by afternoon tea

14 March

Mother's Day afternoon tea

17 May

History tour followed by afternoon tea

To make these events even more special, you can upgrade to an overnight stay with a meditation in the morning.





If you need to relax, de-tangle your mind
and have a liking for good cake in a very
nice setting this is for you.

A Visitor





World Peace Café

Open every day 11am - 4pm

Come in for coffee & cake or a delicious vegetarian lunch, including vegan and gluten free options.

The café is staffed by volunteers, many of them from around the world, creating a vibrant and friendly atmosphere.

Check on the website for seasonal closures.



Christmas Fayre

Sunday 16 November, 11am - 4pm

A shopping experience with none of the usual stresses of Christmas! Browse interesting stalls in a beautiful and relaxed environment. There will also be seasonal treats and live music.

Everybody welcome!



Summer Fête

Sunday 12 July, 11am - 4pm

A fun family day with a variety of stalls, ranging from hand crafted giftware to holistic therapies, live bands, fresh vegetarian food, free meditation taster sessions, children's activities and more.

Everybody welcome!



En-suite accommodation in The Stables

Mid-week retreat breaks

These retreat breaks run from Monday to Friday. Enjoy a light schedule that includes lunchtime and evening meditation sessions to return home rested and refreshed.

We have a range of guest rooms, all with tea making facilities. Accommodation includes breakfast, lunch and evening meal, all vegetarian or vegan.

For these midweek retreat breaks, you can arrive at 3pm on Monday and check out again by 11am on Friday.

Staying for courses and personal retreats

You can book a stay in our self-contained en-suite accommodation for a night before and/or after any of our courses, and make your visit a personal retreat.



Spending Time at the Centre

Volunteering visits

Sample life in a beautiful, peaceful environment. In exchange for 30 hours per week of volunteering within the centre you can enjoy all courses, accommodation, food and events free of charge for the duration of your stay. Apply by filling in the form on our website.

Become a resident

Further your experience of Buddhism by living in the peaceful and harmonious environment of Nagarjuna Kadampa Meditation Centre. Contact the Admin Director on ad@meditateinnorthants.com for more details.

Volunteering

Many people volunteer at Nagarjuna Kadampa Meditation Centre. There are many ways you can help, like helping in the World Peace Café, on reception, gardening, decorating, or maintenance. Everyone is welcome to join the fun!





Public Service & Outreach

School Visits

We welcome visits from schools, scouts, guides etc. We can provide:

- an experienced meditation teacher to explain Buddhism and guide a meditation
- a tailored session for your group or school requirements
- a wide range of interactive and fun activities



Year 2 have taken a huge interest in all that you shared with them. For the staff, it is one of their favourite visit destinations!

A Teacher



Visits for groups & businesses

We can offer a tailored half day or day trip out for your group, club, society or business, featuring any or all of these options:

- a relaxing team building venue for staff or volunteers
- a relaxing meditation session
- a tour of the grounds and gardens
- a talk about the history of the building
- a light lunch

To book a visit please contact Community Relations:

Tel: (01604) 743 976 | E-mail: visits@meditateinnorthants.com



Leicester Kadampa Meditation Centre - our city space

Nagarjuna Kadampa Meditation Centre Leicester is a meditation space in the hub of the city. The centre boasts a beautiful meditation hall and a vibrant World Peace Café, which is open Tuesdays - Saturdays 10am - 4pm.

Kadam Chris Heyes is the Resident Teacher. A sincere practitioner of Kadampa Buddhism for over 30 years, he is known for his practical teachings and guidance along the path of meditation. Kadam Chris is also an internationally renowned Buddhist artist and has taught art courses around the world.



Special Events

20th September	The Science of Happiness with Kadam Chris Heyes
18th October	Silence the inner critic with Kadam Chris Heyes
8th November	Living in the moment with Kadam Chris Heyes
20th December	What is faith? with Kadam Chris Heyes
3rd January	Finding happiness within with Kadam Chris Heyes
8th February	Staying strong when things go wrong
21st February	What's real & what's an illusion with Kadam Chris Heyes
18th April	Atisha's advice from his heart with Kadam Chris Heyes
16th May	Be kind to yourself with Kadam Bridget Heyes
13th June	An introduction to Buddhism with Kadam Chris Heyes
28th June	Empowerment of Je Tsongkhapa with Kadam Chris Heyes
4th July	How to build future happiness with Kadam Chris Heyes
15th August	Finding peace in troubled times

Contact

Leicester Nagarjuna KMC
17 Guildhall Lane, Leicester, LE1 5FQ
T: 0116 262 0317
E: info@meditateinleicester.org
www.meditateinleicester.org





Weekly Schedule

Mondays

Teacher Training Programme class	9 - 11am
Lunchtime meditation class	1 - 1.30pm
Chanted prayers (Wishfulfilling Jewel)	4.45 - 6pm
Meditation class	7.15 - 8.30pm

Tuesdays

Silent retreat days (monthly)	10.30 - 3.30
Lunchtime meditation class	1 - 1.30pm
Chanted prayers (Wishfulfilling Jewel)	4.45 - 6pm

Wednesdays

Teacher Training Programme class	9 - 11am
Lunchtime meditation class	1 - 1.30pm
Chanted prayers (Wishfulfilling Jewel)	4.45 - 6pm
Meditation class with Kadam Bridget	7.15 - 8.15pm

Thursdays

Lunchtime meditation class	1 - 1.30pm
Chanted prayers (Wishfulfilling Jewel w tsog)	4.45 - 6pm
Foundation Programme	7 - 9pm

Fridays

Lunchtime meditation class	1 - 1.30pm
Chanted prayers (Wishfulfilling Jewel)	4.45 - 6pm

Saturdays

Regular special events	
Chanted prayers (Wishfulfilling Jewel)	7 - 8.15pm

Sundays

Regular special events	
Foundation Programme	4 - 6pm
Chanted prayers (Wishfulfilling Jewel)	7 - 8.15pm

Year at a glance

MONTH	DATE	EVENT
August	10	Improve your concentration
	11 - 14	Post-Summer Festival retreat
	17	Meal and meditation
	19	Silent retreat day
	24	Freedom from frustration half day
	31	Meditation and afternoon tea
Sept	2 - 4	Refuge retreat
	7	Peace of mind half day
	9	Silent retreat day
	13	Meal and meditation
	14	Open day
	19 - 21	Recharge your batteries mini retreat
	21	Meditation and afternoon tea
	22	Talk in Bedford
	23 - 28	Silent retreat
	28	What is Buddhism day course
October	12	Letting go of past trauma
	13 - 16	Post-Fall Festival retreat
	17 - 19	Unwind and let go mini retreat
	19	Meditation and afternoon tea
	21	Silent retreat day
	25 - 26	Inner toolkit half days
Nov	7 - 9	Recharge your batteries mini retreat
	9	Bodhichitta day course
	16	Christmas fayre
	18	Silent retreat day
	22	History tour and afternoon tea
	23	Life without fear half day
December	2 - 5	Vajrasattva retreat
	6	Calming your mind in chaotic times
	7 - 12	Art course
	9	Silent retreat day
	14	Winter warmer afternoon tea
	30 - 31	New Year course
Jan	3 - 29	Counting retreat: refuge
	5 - 14	Vajrayogini retreat
	16 - 21	Lamrim retreat
	18	Meditation and afternoon tea
	23 - 25	Unwind and let go mini retreat
	25	How to live your best life
	27	Silent retreat day
Feb	30 - 1	Amitayus retreat
	1	How to stay cool day course
	7 & 8	Snowdrop walk and afternoon tea
	15	Storm-proof your mind half day
	17	Silent retreat day
	20 - 22	Recharge your batteries mini retreat
	22	Meal and meditation
March	6 - 8	Silent retreat weekend
	8	The confidence to change half day
	14	Mother's Day afternoon tea
	17 - 18	Torma making course
	22	Why me? day course
	24	Silent day retreat
	29	Meal and meditation
April	3 - 5	Medicine Buddha empowerment
	11 - 12	Nyungnay retreat
	12	The art of letting go half day
	19	Meditation and afternoon tea
	21	Silent retreat day
	26	Four steps to inner peace day course
May	4 - 8	Menorca retreat
	10	Master your mind half day
	12	Silent retreat day
	17	History tour and afternoon tea
	17 - 21	Art course
	29 - 31	Post-Spring Festival retreat
June		Geshe-la's birthday celebration
	5 - 7	Unwind and let go mini retreat
	7	Make peace with your problems
	12 - 14	Heart Sutra retreat
	16	Silent retreat day
	20	Meditation and afternoon tea
	27	Silencing the inner critic day
July	30 - 3	Silent retreat
	4	Craving less, living more half day
	5	Meditation and afternoon tea
	12	Summer fete
	14 - 16	Guru Yoga & mandala retreat
	17 - 19	Recharge your batteries mini retreat
	19	Don't believe everything day course
	21	Silent retreat day
August	10 - 13	Post-Summer Festival retreat



Nagarjuna Kadampa Meditation Centre

Centre for Modern Buddhism • Thornby Hall NN6 8SW

Thornby Hall, Naseby Road, Thornby NN6 8SW

Tel: 01604 743 976

e-mail: info@meditateinnorthants.com

www.meditateinnorthants.com

Charity number: 1039957



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