

# NAGARJUNA

KADAMPA MEDITATION CENTRE

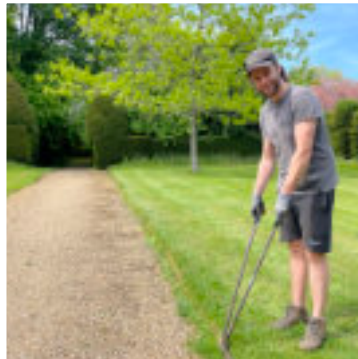
**Centre for Modern Buddhism in Northamptonshire**



August 2023 - July 2024

Programme





# 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, Nagarjuna KMC offers a special taste of peace to visitors, whether you come just for a few hours or stay for a short break. Family-friendly and dog-friendly, everyone is welcome at Nagarjuna KMC.

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



“Thornby Hall and the beautiful surrounding gardens could be the scenery of a fairytale! And you'll meet some incredibly kind and caring people.

A Visitor”



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



# 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](http://www.kadampa.org)

## 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.



## Free eBooks

*How To Transform Your Life* and *Modern Buddhism* are being distributed freely as ebooks at the request of the author, Geshe Kelsang Gyatso.

Download at: [tharpa.com/uk](http://tharpa.com/uk)

## Geshe-la's birthday celebration: Offering our faith

8th - 9th June

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





## 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 been practising Kadampa Buddhism and studying 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.

See [www.kadampafestivals.org](http://www.kadampafestivals.org) for more details



## International Kadampa Festivals

### Fall Festival 2023

6th - 12th October at KMC Malaga, Spain

Gen-la Kelsang Khyenrab, retired General Spiritual Director of NKT-IKBU, will grant the empowerment of Medicine Buddha and give teachings on the Eleven Reversals.



### Spring Festival 2024

May 24 - 29 at Manjushri KMC, UK

Dorje Shugden Empowerment and teachings on the Extensive Protector Puja with Gen-la Kelsang Khyenrab.

Deepen your connection with the supreme Dharma Protector of our tradition and discover how to rely on him for support during our daily lives, and through engaging in heartfelt prayers.



### Summer Festival 2024

July 26 - August 10 at Manjushri KMC, UK

Portugal Festival 2013 Revisited

In week one, enjoy a Prajnaparamita Empowerment and teachings on the *Heart Sutra* from Gen-la Jampa.

In week two, Gen-la Dekyong will give commentary to *Blissful Path* and *The Uncommon Yoga of Inconceivability* based on Geshe-la's last public teachings in 2013.

See [www.kadampafestivals.org](http://www.kadampafestivals.org) for more details





## 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
13 August	Half-day: Learn to meditate
19 - 21 September	Refuge retreat
27 - 29 October	Tara Powa weekend retreat
5 - 8 December	Vajrasattva retreat
2 - 6 January	Vajrayogini retreat
21 January	Half-day: How to feel calmer
29 - 31 March	Medicine Buddha retreat
6 - 10 May	Retreat in Menorca
All year	Meditation classes on Wednesdays
All year	Teacher Training Programme

## National Events

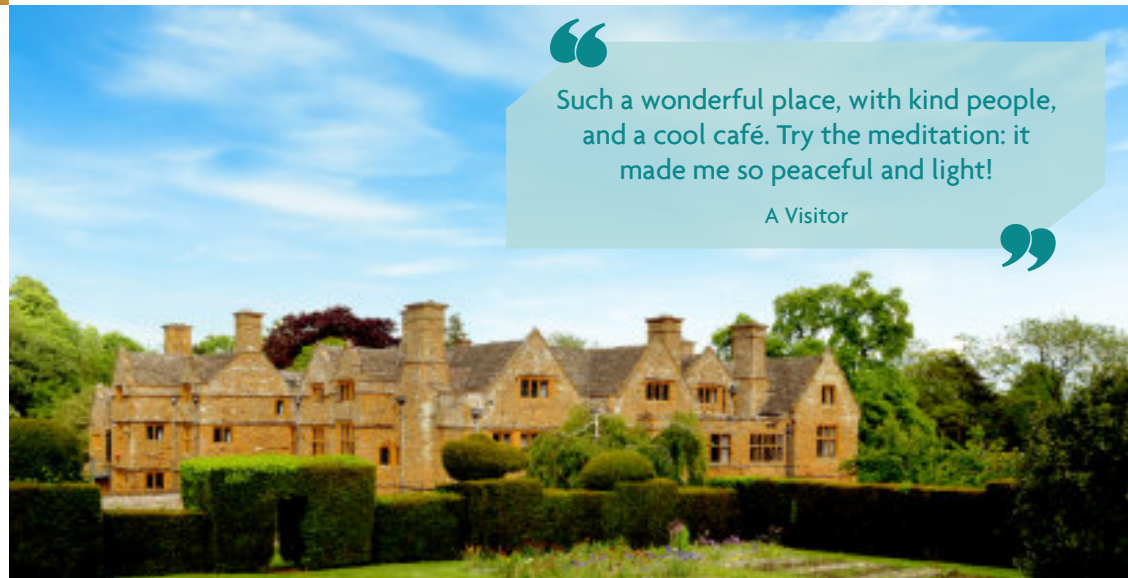
UK Dharma Celebration  
8 - 11 September

Welsh Dharma Celebration  
24 - 26 November

Scottish Dharma Celebration  
2 - 4 February

Irish Dharma Celebration  
15 - 17 March

Southern Dharma Celebration  
19 - 21 April



Such a wonderful place, with kind people,  
and a cool café. Try the meditation: it  
made me so peaceful and light!

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  
Cost £7 per class < [free to members](#) >



**WEDNESDAYS** 7.15 - 8.15pm  
< **WITH KADAM BRIDGET HEYES** >  
6 - 13 September (with K. Loten)  
< **1 WEEK BREAK** >  
27 September - 4 October  
< **2 WEEK BREAK** >  
25 October - 29 November  
< **CHRISTMAS BREAK** >  
30 January - 28 February  
< **1 WEEK BREAK** >  
13 - 27 March  
< **2 WEEK BREAK** >  
17 April - 22 May  
< **1 WEEK BREAK** >  
5 June - 24 July

**MONDAYS** 7.15 - 8.30pm  
4 September - 2 October  
< **2 WEEK BREAK** >  
23 October - 4 December  
< **CHRISTMAS BREAK** >  
22 January - 26 February  
< **1 WEEK BREAK** >  
11 - 25 March  
< **2 WEEK BREAK** >  
15 April - 20 May  
< **1 WEEK BREAK** >  
3 June - 22 July

## Lunchtime Classes

**MONDAYS - FRIDAYS** 1 - 1.30pm

Cost: £3.50 per class, no need to book  
< [free to members](#) >

21 August - 8 September  
12 September - 5 October  
< **2 WEEK BREAK** >  
23 October - 15 December  
< **CHRISTMAS BREAK** >  
15 January - 1 March  
< **1 WEEK BREAK** >  
11 - 29 March  
< **1 WEEK BREAK** >  
8 April - 23 May  
< **1 WEEK BREAK** >  
3 June - 25 July

# Classes in Other Towns

Classes run weekly at each of these venues during the same term dates as the Monday evening classes. Drop in and pay on the door, cost £7 per class.

**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  
East Farndon Village Hall, Main Street,  
East Farndon LE16 9SJ

**NORTHAMPTON** Tuesdays 7.30 - 8.30pm  
Square Feet, Oxford House, Cliftonville NNI 5BE

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



## Public Talk

**Overcoming anxiety**  
with Kadam Bridget Heyes



Date: Wednesday 25<sup>th</sup> October  
Time: 7.15 - 8.15pm  
Cost: £7

Anxiety is a growing problem in our busy modern world, and can really undermine our quality of life. Discover how ancient Buddhist wisdom provides a solution that we can all benefit from, by applying simple meditation and positive thinking techniques to our daily lives.

The talk will consist of relaxing guided meditations and a teaching on how to improve our well-being by developing positive states of mind and inner peace in our daily life.



## Silent Retreat Days

Enjoy the deep stillness and seclusion of Thornby Hall 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:	29 August	24 October
	14 November	6 February
	26 March	23 April
	14 May	18 June
Time:	10.30am - 3.30pm	
Cost:	£30 including a delicious vegetarian lunch	

## 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 12 - Friday 15 September
	Friday 15 - Sunday 17 March
	Tuesday 9 - Friday 12 July

## Relaxation Retreats

Get away from the stresses and strains of a busy life and enjoy the restful peace of Nagarjuna KMC. Relaxation weekends are designed to cultivate inner peace through meditation and practical Buddhist teachings, leaving you feeling refreshed, energised and ready to take on the world. Everybody welcome!

Costs:	Single Room	£200
	Twin Room	£330
	Non-residential	£70 <i>&lt;free to gold members&gt;</i>

Residential rooms are en-suite and prices include all meals. Non-residential price includes lunch. The course starts at 7.30pm on Friday and ends at 3.30pm on Sunday. See the website for a full timetable.

### Dates

22 - 24 September	20 - 22 October
16 - 18 February	5 - 7 April
10 - 12 May	14 - 16 June
19 - 21 July	



A place where you feel relaxed straight away. Lovely welcoming community and a great place to learn about meditation.

A Visitor





# Day and Half-day Courses

- 13 August  Learn to meditate *with Kadam Bridget Heyes*
- 19 August Introduction to Buddhism
- 17 September Stop worrying, start living
- 30 September Improving relationships
- 15 October Imagination is everything
- 4 November Saying no to negative emotions
- 25 - 26 November Advice from Atisha's heart
- 10 December Practical wisdom
- 30 - 31 December New Year course
- 21 January  How to feel calmer—a Buddhist approach *with Kadam Bridget Heyes, cost £31*
- 4 February Advice for life
- 25 February Loneliness: how to find joy in solitude
- 10 March Buddhism for beginners
- 23 March Letting go of stress
- 7 April Finding joy
- 28 April Living meaningfully
- 5 May Stop over-thinking
- 23 June Silencing the inner critic
- 13 July Getting love right
- 21 July Who am I?

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.

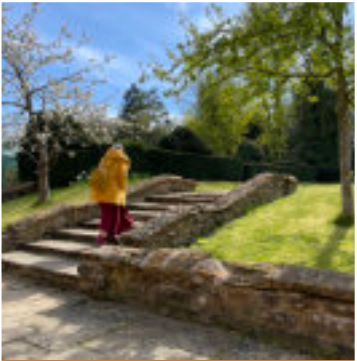
Day courses: 10.30am - 3.30pm  
Cost: £30 inc lunch < *free to gold members* >

Half-day courses: 10.30am - 1.15pm  
Cost: £28 inc lunch < *free to gold members* >

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

“ The meditation was a fantastic introduction, and the staff made us feel incredibly welcome... we left feeling relaxed, connected and rested.

A Visitor





# Discover inspiration with Kadam Bridget

**REFUGE RETREAT** 19 - 21 September

Refuge is the heart of Buddhist practice. It means turning to Buddha and his teachings as the source of our spiritual protection.

**VAJRASATTVA RETREAT** 5 - 8 December

Purify negative karma on this guided retreat, removing the causes of our suffering and the principle obstruction to our spiritual progress.

**VAJRAYOGINI RETREAT** 2 - 6 January

A guided retreat using the sadhana Dakini Yoga to help us deepen our experience. For Highest Yoga Tantra practitioners only.

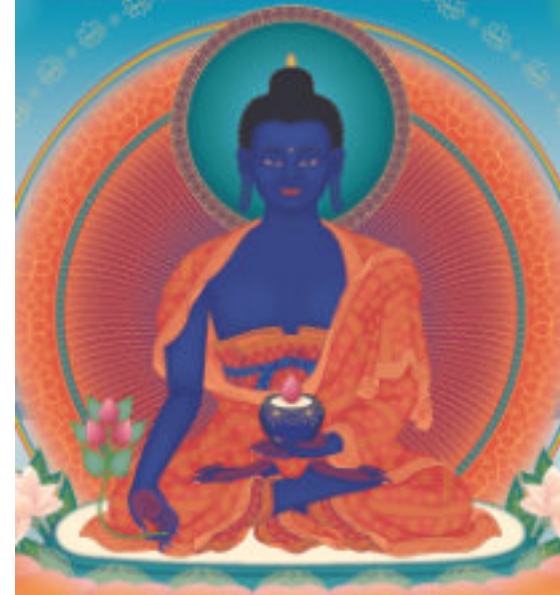


# Weekend retreat: Medicine Buddha

Friday 29th - Sunday 31st March

Enjoy a weekend connecting to the healing power of Medicine Buddha. On this guided retreat, Kadam Bridget will show us how to deepen our faith and engage in qualified meditations leading to the realisations of this profound practise.

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 these beautiful prayers.



# Weekend retreat: Tara Powa

Friday 27th - Sunday 29th October

A weekend course exploring the profound and blissful practice of transference of consciousness, where we rely on Buddha Tara's blessings to create the causes to take rebirth in her Pure Land.

Consisting of beautiful chanted prayers and guided meditations, this short retreat will be an opportunity to gain experience of this practise and enjoy peace of mind through knowing that we are living meaningfully and will be able to die joyfully.



# Retreat in Menorca

**Calming the mind**

6th - 10th 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.



## Art courses with Kadam Chris Heyes

### **DRAWING WORKSHOP: A BASIC FOUNDATION** Sunday 10 December

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 FACE** Monday 11 - Friday 15 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.

### **TORMA MAKING WITH ADY WYARD** Tuesday 7 - Wednesday 8 November

Hands-on workshops in how to make these sacred offerings. Learn a fun skill which will be of benefit to your Dharma Centre.

### **PAINTING BUDDHA'S FORM** Sunday 19 - Thursday 23 May

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



## Inner purity retreat

### **Post-Fall Festival retreat with Gen Kelsang Pagpa**

Sunday 15 - Wednesday 18 October 2023

Discover inner purity and heal your body and mind through this insight into the practice of Medicine Buddha. Gen Kelsang Pagpa from Vajravahni KMC, Preston will guide this retreat to enable us to reinforce our experience of the Festival teachings.



## Refuge, friend, and helper

### **Post-Spring festival retreat with Gen Kelsang Devi**

Friday 31 May - Sunday 2 June 2024

Deepen your connection with the supreme Dharma Protector of our tradition, Dorje Shugden, and discover how to rely on him for support through engaging in heartfelt prayers. Gen Devi, the Resident Teacher at IRC Kailash, will use her many years of retreat experience and heartfelt warmth to open up this beautiful practise.



## Essential Buddhist wisdom

### **Post-Summer Festival retreat with Gen Dragpa**

Monday 12 - Thursday 15 August 2024

Gen Kelsang Dragpa from KMC Oslo will guide this week of retreat on *The Heart Sutra*. Suitable for all levels of experience, this is 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.



# 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 *How To Understand the Mind*

## 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 *Universal Compassion*

# 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.

19 - 21 September	Refuge with Kadam Bridget	2 - 4 February	Amitayus
5 - 8 December	Vajrasattva with Kadam Bridget	13 - 14 April	Nyungne
2 - 6 January	Vajrayogini with Kadam Bridget *	15 - 17 July	Guru Yoga and Mandala Offering
8 - 12 January	Heruka with Kadam Chris *		
15 - 20 January	Lamrim with Gen Nyingpo		

\* Highest Yoga Tantra retreat

# 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  
Relaxation 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

## Winter banquet 24 November

A four-course feast to start the festive season. From 6pm, cost £28

## Food for thought

Start the weekend with a relaxing meditation followed by a delicious three course vegetarian meal to delight your taste buds.

Fridays from 7pm, cost £25

29 September      26 January      23 February      3 May      7 June

## Upgrade to an overnight stay

Add an overnight stay in an en-suite room in The Stables with a meditation on Saturday morning. Breakfast is provided in your room. Extra cost for accommodation: Single £65 / Twin £110

## Sunday out 14 January

A guided meditation followed by a delicious vegetarian Sunday roast. From 1pm, cost £22



## Meditation and afternoon tea

An elegant afternoon out with a meditation before a selection of sandwiches, scones and cakes.

From 2pm, cost £17

20 August      19 October      11 November      28 January  
9 March      4 April      16 May      14 July

## Snowdrop walk and afternoon tea

10 February from 1.30pm. Cost £17

Enjoy a short meditation then a guided walk through the grounds of Thornby Hall to admire the expanse of snowdrops, followed by afternoon tea.





## Christmas Fayre

Sunday 19 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.

Admission £2 (under 16s free)  
Everybody welcome!



## 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.



## Summer Fête

Sunday 7 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, face painting and more.

Admission £2 (under 16s free)  
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.

Single en-suite: £250

Double/Twin en-suite: £360

## 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.

Single en-suite: £65 per night

Double/Twin en-suite: £110 per night

# Spending Time at the Centre

## Volunteering visits

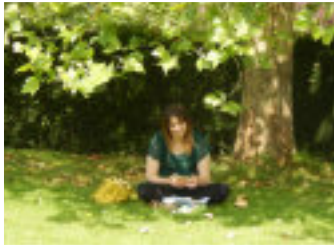
Sample life in a beautiful, peaceful environment. In exchange for 30 hours per week of volunteering within the centre you can enjoy all courses, accommodation, food and events free of charge for the duration of your stay.

## Become a resident

Further your experience of Buddhism by living in the peaceful and harmonious environment of Nagarjuna KMC.

## Volunteering

Many people volunteer at Nagarjuna KMC. 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

## Visits for groups & businesses

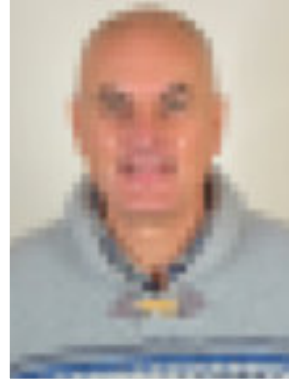
We can offer a tailored half day or day trip out for your group, club, society or business featuring any or all of these options:

- 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](mailto: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 teaches art courses around the world.

## Special Events

The power of positive thinking with Gen Lhachog  
Saturday 19<sup>th</sup> August 10.30am - 1.15pm | £20

Positive thinking with Kadam Chris Heyes  
Saturday 16<sup>th</sup> September 10.30am - 1.15pm | £20

Understanding the Wheel of Life with Kadam Chris Heyes  
Sunday 1<sup>st</sup> October 10.30am - 3.30pm | £28

Buddha Shakyamuni empowerment with Kadam Chris Heyes  
Sunday 5<sup>th</sup> November 10.30am - 3.30pm | £28

Practical solutions for stress and burnout with Kadam Chris Heyes  
Saturday 9<sup>th</sup> December 10.30am - 1.15pm | £20

Green Tara empowerment with Kadam Chris Heyes  
Sunday 24<sup>th</sup> March 10.30am - 3.30pm | £28

## Contact

Leicester Nagarjuna KMC  
17 Guildhall Lane, Leicester, LE1 5FQ  
T: 0116 262 0317  
E: [info@meditateinleicester.org](mailto:info@meditateinleicester.org)  
[www.meditateinleicester.org](http://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
Meditation and a meal events	7 - 10pm

### 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	13 19 20 29	Learn to meditate Intro to Buddhism Meditation and afternoon tea Silent retreat day
Sept	12 - 15 17 19 - 21 22 - 24 29 30	Silent retreat week Stop worrying, start living Refuge retreat Relaxation retreat Food for thought Improving relationships
October	15 15 - 18 19 20 - 22 24 27 - 29	Imagination is everything Post-Fall Festival retreat Meditation and afternoon tea Relaxation retreat Silent retreat day Tara Powa retreat with Kadam Bridget
Nov	4 7 - 8 11 14 19 24 25 - 26	Saying no to negative emotions Torma making course Meditation and afternoon tea Silent retreat day Christmas fayre Winter banquet Advice from Atisha's heart
December	5 - 8 10 10 11 - 15 30 - 31	Vajrasattva retreat Practical wisdom half day Art course: drawing workshop Art course New Year course
Jan	1 2 - 6 8 - 12 14 15 - 20 21 26 28	Morning New Year meditation Vajrayogini retreat Heruka retreat Sunday lunch and meditation Lamrim retreat Half day with Kadam Bridget Food for thought Meditation and afternoon tea

Feb	2 - 4 4 6 10 16 - 18 23 25	Amitayus retreat Advice for life day course Silent retreat day Snowdrop walk and afternoon tea Relaxation retreat Food for thought Loneliness: how to find joy...
March	9 10 15 - 17 23 26 29 - 31	Meditation and afternoon tea Buddhism for beginners half day Silent retreat weekend Letting go of stress day course Silent retreat day Medicine Buddha retreat
April	4 5 - 7 7 13 - 14 23 28	Meditation and afternoon tea Relaxation retreat Finding joy half day coursee Nungnay retreat Silent retreat day Living meaningfully day cours
May	3 5 6 - 10 10 - 12 14 16 19 - 23	Food for thought Stop over-thinking half day Menorca retreat Relaxation retreat Silent retreat day Meditation and afternoon tea Art course
June	31 - 2 7 8 - 9 14 - 16 18 23	Post-Festival retreat Food for thought Geshe-la's birthday celebration Relaxation retreat Silent retreat day Silencing the inner critic day
July	7 9 - 12 13 14 15 - 17 19 - 21 21	Summer fete Silent retreat Getting love right half day Meditation and afternoon tea Guru Yoga & mandala retreat Relaxation retreat Who am I? day course
August	12 - 15	Post-Summer Festival retreat





# Nagarjuna Kadampa Meditation Centre

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