



NAGARJUNA

KADAMPA MEDITATION CENTRE



Centre for Modern Buddhism in Northamptonshire

August 2024 - July 2025 Programme



“ We visited for a lunchtime session and left feeling relaxed, connected and rested. The meditation was a fantastic introduction, and the staff made us feel incredibly welcome. ”
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

8th 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

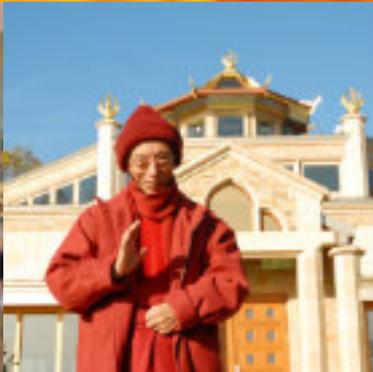
How To Transform Your Life and *Modern Buddhism* are being distributed freely as eBooks at the request of the author.

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.

See www.kadampafestivals.org for more details



International Kadampa Festivals

Fall Festival 2024

25th October - 1st November at KMC Brazil

Highest Yoga Tantra Empowerments of Heruka & Vajrayogini & Commentary with Gen-la Kelsang Dekyong



Spring Festival 2025

May 23 - 28 at Manjushri KMC, UK

Buddha Maitreya Empowerment with Gen-la Kelsang Jampa

Celebrate the Buddha of loving-kindness and let his blessings open your heart. The joyful and harmonious atmosphere of the annual Spring Festival will be the perfect opportunity to deepen your experience of cherishing others.



Summer Festival 2025

July 25 - August 9 at Manjushri KMC, UK

Buddha Green Tara Empowerment with teachings on *Advice from Atisha's Heart* with Gen-la Kelsang Dekyong and Gen-la Kelsang Jampa.

Green Tara, the Buddha of swift-acting wisdom, has a special relationship with Kadampa Buddhists. By receiving her blessings and studying this essential Kadampa text, we can create a place of refuge in our hearts to protect us in all situations.

See www.kadampafestivals.org for more details



Resident Teacher - Kadam Bridget Heyes

NKT-IKBU National Spiritual Director for the UK

Kadam Bridget Heyes is the NKT-IKBU National Spiritual Director for the UK and the principal teacher at Nagarjuna Kadampa Meditation Centre Thornby. She is a senior disciple of Geshe Kelsang Gyatso and has been practising for over 30 years.

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
11 August	Half-day: Learn to meditate
3 - 5 September	Refuge retreat
3 - 6 December	Vajrasattva retreat
7 December	Half day course
2 - 6 January	Vajrayogini retreat: Blissful Path
19 January	Half day: Karma - the power to change
18 - 20 April	White Tara empowerment
5 - 9 May	Retreat in Menorca
20 - 22 June	Weekend retreat: Clear light of bliss
All year	Meditation classes on Wednesdays
All year	Teacher Training Programme

National Events

- UK Dharma Celebration
20 - 23 September
- Welsh Dharma Celebration
13 - 15 December
- Irish Dharma Celebration
7 - 9 February
- Scottish Dharma Celebration
28 - 31 March



My happy place,
so calming & peaceful.

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 >

11 September: Introduction

< 1 WEEK BREAK >

25 September - 23 October

< 2 WEEK BREAK >

13 November - 11 December

< CHRISTMAS BREAK >

5 February - 2 April

< 2 WEEK BREAK >

23 April - 21 May

< 1 WEEK BREAK >

4 June - 23 July

MONDAYS 7.15 - 8.30pm

9 September: Introduction

< 2 WEEK BREAK >

30 September - 21 October

< 2 WEEK BREAK >

11 November - 9 December

< CHRISTMAS BREAK >

3 February - 31 March

< 3 WEEK BREAK >

28 April - 19 May

< 1 WEEK BREAK >

2 June - 21 July

Lunchtime Classes

MONDAYS - FRIDAYS 1 - 1.30pm

Drop in, no need to book

< free to members >

19 August - 13 September

< 1 WEEK BREAK >

25 September - 24 October

< 2 WEEK BREAK >

11 November - 20 December

< CHRISTMAS BREAK >

13 January - 11 April

< 1 WEEK BREAK >

22 April - 22 May

< 1 WEEK BREAK >

2 June - 24 July

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, or block booking discount available on our website.

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 NN1 5BE

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





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:	20 August	10 September
	22 October	26 November
	21 January	11 February
	25 March	22 April
	13 May	17 June

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:	Friday 4 - Sunday 13 October
	Friday 7 - Sunday 9 March
	Tuesday 1 - Friday 4 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!

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

Dates

16 - 18 August	27 - 29 September
8 - 10 November	24 - 26 January
21 - 23 February	21 - 23 March
11- 13 April	27 - 29 June
18 - 20 July	



A beautiful place, welcoming people to share the teachings, peace and quiet, excellent food and friendly community.

A Visitor





“ You feel relaxed straight away.
Lovely welcoming community and a great
place to learn about meditation.
A Visitor ”



Day and Half-day Courses

- 11 August  Learn to meditate
with Kadam Bridget Heyes
- 24 August Introduction to Buddhism
- 7 September Choose happiness
- 29 September The magical power of blessings
- 13 October Anxiety: the mind trap
- 20 October The Wheel of Life
- 3 November Surfing life's problems
- 10 November Letting go of stress
- 23 - 24 November Mantra course and mala making
- 7 December  Living with compassionate purpose
with Kadam Bridget Heyes
- 30 - 31 December New Year course
- 19 January  Karma - the power to change
with Kadam Bridget Heyes
- 2 February Staying calm when things go wrong
- 16 February Free your mind with wisdom
- 9 March The key to self-esteem
visiting teacher James Baskerville
- 23 March Realise your potential
- 6 April Live, laugh, love
- 27 April Letting go of past trauma
- 11 May Saying no to negative emotions
- 8 June The healing power of meditation
- 29 June Silencing the inner critic
- 5 July The power of mind
- 20 July Stop overthinking

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 3 - 5 September

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

VAJRASATTVA RETREAT 3 - 6 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 Blissful Path to help us deepen our experience. For Highest Yoga Tantra practitioners only.

White Tara empowerment

Friday 18th - Sunday 20th April

Receive the blessings of the Buddha of long life, merit and wisdom and learn how this practice can bring meaning and fulfillment.

Retreat in Menorca

5th - 9th 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.

Clear Light of Bliss retreat

Friday 20th - Sunday 22nd June

Learn how to begin to generate a peaceful and concentrated mind by harnessing the subtle energy within our body.



UK Dharma Celebration

Vajrasattva empowerment with Kadam Bridget Heyes

Friday 20th - Monday 23rd September 2024

A special weekend where we come together from all over the UK to receive blessings, advice, and inspiration.

At this year's UK Dharma Celebration, Kadam Bridget will grant the empowerment of Buddha Vajrasattva, who has great power to purify our negative karma.

Through this practice, we can let go of the burden of our past negativity and give ourselves a clean slate to build a better future.

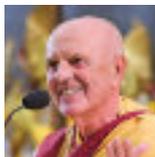
You can attend the UKDC in person or online. Book at meditateinnorthants.com/product/ukdc or email ukdc@meditateinnorthants.com



Kadam Bridget Heyes will grant the empowerment and give teachings on the practice of Vajrasattva. Using her gentle wisdom, she will help us connect with this Buddha, and with our own potential.



Gen Dornyng, the Resident Teacher at KMC Leeds, will teach the introduction. He has taught worldwide for more than 20 years. He is an inspiring and light-hearted teacher who makes Buddha's teachings clear and accessible.



Gen Tilopa, the Resident Teacher at KMC Liverpool, will guide the meditations. He has been teaching in Scotland and across the United States for nearly 25 years, and his varied life experiences fill his teachings with joy.



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.

DRAWING WORKSHOP: A BASIC FOUNDATION Sunday 8 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 9 - Friday 13 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.

PAINTING BUDDHA'S FORM Sunday 18 - Thursday 22 May

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



Visiting teachers



The dream-like nature of things **Public talk with Kadam Lucy James**

7.15 - 8.30pm, Monday 7th October 2024

Kadam Lucy, the Resident Teacher at KMC Colorado, is well known for her insightful teachings on ultimate truth. Join us for this evening talk exploring the true nature of reality.



Blessings, bliss, and wisdom **Post-Fall Festival retreat with Gen Chitta**

Monday 4th - Thursday 7th November 2024

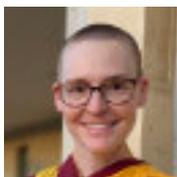
Discover the bliss of your own mind on this deep-dive into the essential practices of Highest Yoga Tantra. Gen Kelsang Chitta from Potala Centre in Belfast will guide this retreat. For Highest Yoga Tantra practitioners only.



The key to self-esteem **Half day course with Kadam James Baskerville**

10.30am - 1.15pm, Sunday 9th March 2025

Learn to develop authentic confidence based on your spiritual potential. Kadam James, the Resident Teacher at KMC Kent, will explain practical meditations that raise us up without putting others down.



Loving kindness **Post-Spring festival retreat with Gen Demo**

Friday 30th May - Sunday 1st June 2025

Train in developing a loving heart by connecting with Buddha Maitreya. Gen Demo, the Resident Teacher at KMC Washington, will use her many years of experience and heartfelt warmth to open up this practise.



Compassionate Mother **Post-Summer Festival retreat with Gen Norden**

Monday 11th - Thursday 14th August 2025

Gen Kelsang Norden from Compassion Centre, Newcastle will guide this week of retreat on the practice of Green Tara. Suitable for all levels of 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 *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.

3 - 5 September	Refuge with Kadam Bridget	13 - 18 January	Lamrim with Gen Nyingpo
3 - 6 December	Vajrasattva with Kadam Bridget	31 Jan - 2 Feb	Amitayus
2 - 30 January	Counting retreat: Geshe-la's mantra	12 - 13 April	Nyungne
2 - 6 January	Blissful Path with Kadam Bridget *	15 - 17 July	Guru Yoga and Mandala
8 - 12 January	Heruka with Kadam Chris *	* 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

Friday 22nd November

A four-course feast to start the festive season. From 6pm

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.

Food for thought

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

From 1pm

12 January

23 February

15 March





Meditation and afternoon tea

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

1 September

6 October

26 January

29 March

18 May

15 June

6 July

Snowdrop walk and afternoon tea

8 February from 1.30pm.

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



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 17th 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 13th 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

Letting go of negative emotions with Kadam Chris Heyes
Saturday 28th September 10.30am - 3.30pm

The Four Noble Truths with Kadam Chris Heyes
Saturday 2nd November 10.30am - 3.30pm

Staying strong when things go wrong with Gen Chitta
Saturday 9th November 10.30am - 1.15pm

Developing the power of positive thinking with Gen Lamchen
Sunday 9th February 10.30am - 3.30pm

Medicine Buddha empowerment with Kadam Chris Heyes
Sunday 16th March 10.30am - 3.30pm

Finding peace in troubled times with Kadam Bridget Heyes
Saturday 17th May 10.30am - 1.15pm

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 tsoq)	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	11	Learn to meditate	
	16 - 18	Relaxation retreat	
	20	Silent retreat day	
	24	Intro to Buddhism	
Sept	1	Meditation and afternoon tea	
	3 - 5	Refuge retreat	
	7	Choose happiness day course	
	8	Open day	
	10	Silent retreat day	
	20 - 23	UK Dharma Celebration	
	27 - 29	Relaxation retreat	
	29	The magical power of blessings	
October	4 - 13	Silent retreat	
	6	Meditation and afternoon tea	
	7	The dream-like nature of reality	
	13	Anxiety: the mind trap half day	
	20	The Wheel of Life day course	
	22	Silent retreat day	
Nov	3	Surfing life's problems day course	
	4 - 7	Post-Fall Festival retreat	
	8 - 10	Relaxation retreat	
	10	Letting go of stress half day	
	17	Christmas fayre	
	22	Winter banquet	
	23 - 24	Mantra/mala making course	
	26	Silent retreat day	
December	3 - 6	Vajrasattva retreat	
	7	Living with compassionate purpose	
	8	Art course: drawing workshop	
	9 - 13	Art course	
	30 - 31	New Year course	
Jan	2 - 30	Counting retreat: Geshe-la's mantra	
	2 - 6	Vajrayogini retreat	
	8 - 12	Heruka retreat	
	12	Food for thought	
	13 - 18	Lamrim retreat	
	19	Karma half day with Kadam Bridget	
	21	Silent retreat day	
	24 - 26	Relaxation retreat	
	26	Meditation and afternoon tea	
	Feb	31 - 2	Amitayus retreat
		2	Staying calm day course
		8	Snowdrop walk and afternoon tea
		11	Silent day retreat
		16	Free your mind half day
		21 - 23	Relaxation retreat
		23	Food for thought
	March	7 - 9	Silent retreat weekend
		9	Key to self-esteem half day
		14 - 16	Relaxation retreat
		15	Food for thought
		18 - 19	Torma making course
		23	Realise your potential day course
		25	Silent day retreat
		29	Meditation and afternoon tea
	April	6	Live, love, laugh half day course
		11 - 13	Relaxation retreat
		12 - 13	Nyungnay retreat
		18 - 20	White Tara empowerment
		22	Silent retreat day
		27	Letting go of past trauma day course
	May	2 - 4	Relaxation retreat
		5 - 9	Menorca retreat
		11	Saying no to negative emotions
		13	Silent retreat day
		18	Meditation and afternoon tea
		18 - 22	Art course
	June	30 - 1	Post-Festival retreat
		4	Geshe-la's birthday celebration
		8	The healing power of meditation
		15	Meditation and afternoon tea
		17	Silent retreat day
		20 - 22	Clear light of bliss retreat
		27 - 29	Relaxation retreat
		29	Silencing the inner critic day
	July	1 - 4	Silent retreat
		5	The power of mind half day
		6	Meditation and afternoon tea
		13	Summer fete
		15 - 17	Guru Yoga & mandala retreat
		18 - 20	Relaxation retreat
		20	Stop overthinking day course
	August	11 - 14	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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instagram.com/meditateinnorthants

