

Jamyang Buddhist Centre Leeds

Summer Programme 2017

A place for meditation and buddhist study

Weekly Events

Drop in Meditations

LUNCHTIMES

Tuesdays: 12:30 - 13:00
from 18 April to 28 July

Thursdays: 12:30 - 13:00
from 20 April to 27 July

These sessions enable you to learn basic meditation techniques to help you unwind, de-stress and calm your mind. Suggested donation £3



EVENINGS

Mondays: 18:30 - 19:30 from 24 April to 24 July

These meditation classes can help you to become calmer, less-stressed, happier and more peaceful. A range of simple meditation techniques will be taught - including mindfulness and guided analytical meditation. These drop-in sessions are practical, non-religious and suitable for people of all faiths, ages and abilities, from beginners to the more experienced. The Centre is closed on 1 May and 29 May for the bank holidays. Suggested donation £6

Discovering Buddhism Series

Suitable for all levels, these classes are ideal

for those new to Buddhist philosophy and practice. You can just drop-in, you don't need to attend the whole module.

DB Module 7: Samsara & Nirvana with Unjyn Park

Tuesdays: 18:30-20:00 from 2 May to 6 June

This module investigate what "samsara" is and how we are stuck in it. Find out what "nirvana" is and how to achieve it. Develop the determination to be free from suffering and empower yourself with practical tools to deal with and eliminate disturbing emotions.

Discovering Buddhism Practice Morning for Samsara and Nirvana

Saturday 10 June 10:30 - 12:30

DB Module 8: Establishing a Daily Practice with Lindsey Bushby and Dawn Gothard

Tuesdays: 18:30-20:00 from 20 June to 25 July

This module explores the tools we need to develop a successful daily practice. Using Lama Zopa Rinpoche's "A Daily Meditation Practice" as a guide, we will become familiar with the elements necessary to generate realisations in the mind. We will receive guidance on how to make every action of the day meaningful.

Discovering Buddhism Practice Morning for Establishing a Daily Practice

Saturday 22 July 10:30 - 12:30

See the weekend events section for more information. Please email smile@jamyangleeds.co.uk to confirm a place on these DB modules and the practice mornings. Suggested donation £6 per class.

Yoga for Relaxation and Balance with Christine Hodgson

Wednesdays 12:30 - 13:15
from April 19 to 26 July

This is not your typical yoga class where the emphasis is on postures and stretching, but an opportunity to learn some traditional yoga kriyas (actions) to work with the body, breath and mind to activate your potential for self-healing and balance.

This meditative yoga class uses simple yogic and breathing techniques to assist with the release of energy blocks and help manage the stresses of everyday living. Everyone can do this yoga and of course, it's not only for those seeking stress relief as it is also an excellent way of taking care of yourself. We need to relax deeply, even if only for a few minutes of quality time a day. Above all we need to begin to experience inner peace and start being kind to ourselves. No need to bring a mat or wear special clothing, just comfortable loose clothes suitable for ease of movement and relaxation.



About the Teacher: Christine Hodgson (Simranpreet) is a KYTA qualified Kundalini instructor (as taught by Yogi Bhajan). Please note that this yoga originates from an Indic

spiritual practice and is not Tibetan Buddhism. This is a drop-in class so no need to register. Suggested donation £3 per session. All donations from this class go towards JBCL's Building a Community Project.

Mindfulness in Daily Life with Ken Lunn

Wednesdays 18:30 – 20:00 from April 26 to 31 May (6 weeks)

These mindfulness sessions are about training the mind to be more present and attentive and bringing a more mindful approach to daily life, where the real benefits of the practise arise. Drawing on the well-established Mindfulness Based Stress Reduction (MBSR) programme, each session will explore different tools and techniques you can use to build your mindfulness skills and develop a more attentive and balanced perspective on life. These drop-in classes are open to all, whether you have an established meditation or mindfulness practice, or you just want to dip your toes in and find out more.

Please email smile@jamyangleeds.co.uk to confirm a place. Suggested donation £6 per class

Mindfulness: Embodied Attention and Wholehearted Living with Danny Ford

Wednesdays 18:30–19:30 from 7 June to 28 June (4 weeks)

Mindfulness means paying attention to present moment experiences with openness,

curiosity and a willingness to be with what is. These drop-in classes will explore the art of Mindfulness Meditation as an invitation to give ourselves the gift of simple presence, to connect with our mental and somatic experience, to rest into an intimate relationship with the depth of our being. We will explore how mindful presence, or intimacy with our human experience, supports us to meet life more fully, more fluidly and more freely. These drop-in classes will consist of meditation instructions, guided meditations and discussion.

Please email smile@jamyangleeds.co.uk to confirm a place. Suggested donation £6 per class

Meditations for Emotional Balance with Kerry Prest

**Wednesdays 18:30 – 20:00
from 5 July to 26 July (4 weeks)**

Meditations for Emotional Balance is a four week block of discussions and meditations to explore a healthier way to live with our emotions.

Meditations on Self-Confidence - 5 and 12 July

Discover ways to counteract loneliness, lack of self-confidence and low self-esteem in these two sessions on building self-confidence.

Meditations for Anxiety in our Busy Lives - 19 and 26 July

We all experience life as “too busy” and “how can I fit everything in” - these sessions will look at practical ways to help keep calm in the

storm.

Please email smile@jamyangleeds.co.uk to confirm a place. Suggested donation £6 per class

Advice from a Spiritual Friend Teachings on the Seven Point Mind Training with David Midgley

**Thursdays 18:30 - 20:00
from 20 April to 29 June**

In the Tibetan Buddhist tradition, Mind Training (Lo Jong in Tibetan) refers to a system of Mahayana Buddhist practice that aims to integrate the essential principles of the spiritual path into everyday life in a very practical, down-to-earth way. It was first taught by Lama Atisha, one of the great Indian masters who brought Buddhism to Tibet about one thousand years ago, and was passed down as a secret oral tradition until the root text for this course, The Seven Point Mind Training, was written down in the twelfth century. The text gives detailed instructions on how to integrate the precious mind of Bodhicitta into one’s everyday life through the heart practice of Exchanging Self and Others. This is a particularly suitable practice for lay practitioners with busy lives – if one



follows these teachings, there is no need to view this as a disadvantage! The root text will be explained following the detailed modern commentary by Geshe Rabten in the volume ‘Advice From a Spiritual Friend’ (Wisdom Publications, 2001).

‘Whether we find ourselves surrounded by a herd of yaks on the steppes of Central Asia or rush-hour traffic on a crowded freeway, we experience the same yearning to be free from the inner anguish of our existence, and strive to find lasting peace and well-being. These teachings on thought transformation are as applicable today as they were when Atisha first introduced them to Tibet.’ From the Introduction to Advice From a Spiritual Friend by Stephen Batchelor.

Please email smile@jamyangleeds.co.uk to book. Suggested donation £6

Wind and Water: The Wonderful World of Feng Shui (Public Talk) with Venerable Jampa Lhundrup

Thursday 15 June, 18:00 - 20:00

Feng Shui is the ancient Chinese art of placement, harmonising ourselves with our surrounding environment. The basic principle is that life-force energy, known as “chi”, flows through and around buildings and open spaces and this has a powerful effect on the way we feel and think.

In this public talk with internationally renowned Feng Shui expert and ‘good luck monk’ Venerable Jampa Lhundrup you will learn the first steps of Feng Shui, how to



bring good energy into your life and the basic difference between the Form and Compass schools of this ancient art with modern relevance. This is the first time Venerable Jampa Lhundrup is giving Feng Shui advice in Leeds and is sharing his expertise through this public talk and a more in-depth weekend of teachings on the Form and Compass schools of Feng Shui.

Tickets: £6.

Venue: Jamyang Buddhist Centre Leeds.

To book your place email smile@jamyangleeds.co.uk.

Venerable Jampa Lhundrup is also available for individual and business consultations between 14 and 24 June. Please email Jampa on jlgeomancy@gmail.com for more information. Details of the two day Feng Shui workshop are in the Weekend Events section.

Monthly Events

Purification Sundays

10:30 - 12:00 on Sundays 23 April, 21 May, 25 June, 30 July



Buddhist purification practices help to rid our minds of negative habits and imprints built up over many years. Coming together in a group to do prostrations and mantra recitation makes purification strong and consistent. Prostrating to the 35 Confession Buddhas and reciting Vajrasattva mantras are powerful methods for purifying negative karmic residues which taint the natural purity of our minds.

The sessions are open to all, regardless of whether you have received initiations or whether you have taken refuge. All you need is a wish to move on from unhelpful actions done in the past with openness to the power of visualisation and prayer.

Email smile@jamyangleeds.co.uk to let us know you are coming but feel free to just drop in. Suggested donation £6

Pujas (chanting meditations)

Pujas are chanted prayer ceremonies which show respect and devotion. They create merit (positive energy) for yourself or others. You can join in the prayers and chanting from the sadhana (spiritual text) or simply sit, listen and enjoy the blessings. Feel free to bring offerings (for example of biscuits, fruit, flowers) for the shrine-especially for the tsog pujas. Donations welcome

Lama Chöpa Tsog Puja 18:30 - 20:00 on Fridays
28 April, 26 May, 16 June, 21 July

Medicine Buddha Puja 10:30 – 12:00 on
Sundays 7 May, 11 June, 9 July

Chittamani Tara Puja 18:30-20:00 on Fridays
19 May, 9 June, 7 July

Tara Puja 12:30 – 13:00 on Mondays 24 April, 8,
15, 22 May, 5*, 12, 19, 26 June, 3*,10,17, 24 July

We are doing 'Praises to 21 Taras' pujas on Monday lunchtimes to benefit sentient beings around the world and remove obstacles to JBCL projects. All are welcome to join in or just sit and enjoy the puja.

* On the first Monday of each month (5 June, 3 July in the Summer term) we would like to extend a special welcome to parents with babies and children under 5 to join us for the Tara puja. Please note we are not a creche and do not have specific facilities for small children such as a changing area in the building, but if you would like to bring your toddlers and babies along to join in with the puja then please do. We will have some small bells and other instruments so children can join in.



Special pujas

Chittamani Tara puja on Saka Dawa, Friday 9
June, 18:30 - 20:00

Saka Dawa is one of the four great holy days of the Tibetan Buddhist calendar, commemorating Shakyamuni Buddha's birth, enlightenment, and passing into parinirvana. Chittamani Tara puja is a traditional devotional practice to Tara, the 'swift pacifier' to overcome obstacles in daily life and to our spiritual journey. Chanted in both Tibetan and English, this puja involves meditation, visualisation, recitation of mantras and praises to the 21 Tara's. All are welcome as the puja will be explained as we go along.

Chenrezig puja to celebrate HH Dalai Lama's birthday, Thursday 6 July, 18:00 - 20:00

This year we are celebrating the birthday of HHDL with a puja (chanted prayers) to Chenrezig, the Buddha of Compassion. The puja will be followed by a short film and food to share. All welcome.

Weekend Events

The Buddhist Model of the Mind with Tenzin Josh

Saturday 13 May, 10:30 - 17:00 and Sunday 14
May, 10:30 - 16:30

'The mind is devoid of mind
For the nature of the mind is clear light'

(From 8000 verse Prajnaparamita Sutra)

This is one of the most important Buddhist quotes one can find and is often used by HH Dalai Lama when presenting the whole Buddhist path. Over the two days we will be looking at, studying and meditating on the essence of Buddhist practice, the mind. As is stated in many sutras and commentaries, the mind is the source of samsara and nirvana. There is really no more important subject to know intimately than the mind, both in theory and in practice! Starting with the basic presentations of the mind and up to more complicated aspects, we will look at how the mind is the basis of the path, how the path is essentially a progression of the mind and how the mind is the result or fruit of the practice. Using both reasoning and meditation practice we will examine the fundamental ground which is the mind, from the conventional to the ultimate nature.

Please email smile@jamyangleeds.co.uk to book on this course. Suggested donation £25 per day

**Essence of True Eloquence: Review Class
with Kerry Prest**

Saturday 20 May, 10:30 - 12:30

This session is a refresher to go over the points covered so far by Geshe Tashi before his class the following week on Je Tsongkhapa's Essence of True Eloquence continue in the Summer term. Open to everyone.

Please email smile@jamyangleeds.co.uk to book. Suggested donation £6

**Essence of True Eloquence
with Geshe Tashi Tsering**

Saturday 27 May, 11.00 - 17.30



Geshe Tashi will lead us through the arguments, logic and examples we require to understand the far-reaching advantages of having an understanding of the Buddhist concept of Emptiness. Geshe Tashi is very aware of the importance of developing insights into the true nature of reality and by continuing to teach on the subject of Emptiness, he is hoping to bring us closer to our own understanding of the subject. Geshe Tashi will base his teaching on the Essence

of True Eloquence by Lama Tsong Khapa, translated by Robert Thurman. (Full title of the book is Lama Tsongkhapa's Speech of Gold in the Essence of True Eloquence: Reason and Enlightenment in the Central Philosophy of Tibet (Princeton Legacy Library; translator: Robert Thurman.) Geshe Tashi is well known for the warmth, humour and clarity of his explanations of Buddhist philosophy. Please note this course is ongoing but you can catch up with the recordings of previous sessions on the Jamyang Leeds YouTube channel <https://www.youtube.com/user/jamyangleedstv>

Please email smile@jamyangleeds.co.uk to confirm a place. Suggested donation £25

**Choosing Kindness: Empathy and Empowerment in Challenging Times
with Ven. Amy Miller**

Sunday 4 June, 10:30 – 17:00

In our daily lives, we are often bombarded by external experiences that show cruelty and heartlessness. We are influenced by these situations and begin to believe that in order to be happy we need to follow a particular behaviour, obtain an array of material items and/or attain a certain status. Little by little, our kind heart becomes obscured by shields; the natural authentic dynamic flow of who we really are gets blocked and instead manifests as something more constrictive, negative, hostile or fearful. So we escape, blame or numb ourselves to what is really happening. Then the ruminating mind takes over deepening a false veil on our perceptions. This is the perfect time for practice opening



our heart and mind! How can we use our vulnerability to generate a strong wish to emerge from our confusion and separation and spark a deep experience of compassion for others?

In this teaching, Ven. Amy Miller will walk us through a path of fully waking up and being present with our pain, fear, aversion and how moving through these less than comfortable mind states is the key to transformation.

Please email smile@jamyangleeds.co.uk to book on this course. Suggested donation £25

**Discovering Buddhism Practice Morning:
Samsara and Nirvana**

Saturday 10 June, 10:30 - 12:30

This morning workshop will be a chance to practice the techniques explained during the Discovering Buddhism module on Samsara and Nirvana. We will look at a few of the practises covered in the module and offer advice and techniques to help you meditate with confidence. You don't need to have attended the classes to join, you can just drop in.

Suggested donation for the class £6

**Feng Shui workshop: Essential Form School
with Ven. Jampa Lhundrup**

Saturday 17 June, 10:00 – 16:30

Essential Form School Feng Shui is day one of a weekend course with internationally renowned Feng Shui expert and 'good luck monk' Venerable Jampa Lhundrup. On this workshop Jampa Lhundrup will explain the most important points of the Form School of Feng Shui and provide information on the right way to choose and landscape your home and place of work and advice on the correct way to design and set up interiors.

Suitable for complete beginners and those with a sound understanding of this ancient art, Jampa Lhundrup lays out the fundamentals of feng shui without any of the opaque mysticism that sometimes clouds the practice. Essential Form School Feng Shui can be taken on its own or as part of a weekend course covering Essentials of Compass School Feng Shui on day two.

**Feng Shui workshop:
Essential Compass School
with Ven. Jampa Lhundrup**

Sunday 18 June, 10:00 – 16:30

Essential Compass School Feng Shui is day two of a weekend course with internationally renowned Feng Shui expert and 'good luck monk' Venerable Jampa Lhundrup. Historically, feng shui was widely used to orient buildings—often spiritually significant structures such as temples and tombs, but also dwellings and other structures—in



an auspicious manner. Depending on the particular style of feng shui being used, an auspicious site could be determined by reference to local features such as bodies of water, stars, or a compass.

On this workshop Jampa Lhundrup will explain the most important points of the Compass School of Feng Shui. It is suitable for complete beginners and those with an understanding of this ancient art but it is helpful to do the Essentials of Form School Feng Shui day first. On the workshop you will learn your good and bad personal directions – one of the most important things you will ever learn! You will also learn guidelines for placing the right elements in the right place in your building and home to bring the best fortune. Please bring a good quality compass and a copy of your floorplan to this workshop. This course can be taken on its own or with the day-one workshop Essentials of Form School Feng Shui.

Workshop Fee: £65 for one day (either the Saturday or the Sunday) or £100 for the full weekend. This course is limited to 15 participants and booking is essential. To book please email smile@jamyangleeds.co.uk.

Jampa Lhundrup is also available for private

consultations to individuals and businesses between the 12 and 25 June. If you are interested in a private consultation please email jampa@jlgeomancy@gmail.com.

Mindfulness Practice Day with Ken Lunn

Saturday 24 June, 10:30 – 17:00

This will be a peaceful day of guided mindfulness practices covering the key techniques from the Mindfulness Based Stress Reduction (MBSR) Programme. There will be a mixture of guided meditations, relaxation, movement, and readings. The day will consist of two sessions of about 2.5 hours, run in silence, with breaks. Lunchtime will be held in silence to enhance the practice. Please bring your own vegetarian food or you may prefer to go out for lunch.

Please email smile@jamyangleeds.co.uk to book on this day. Suggested donation £25

Green Tara Practice weekend with Paula Chichester

**Friday 30 June (18:30 - 20:00)
Saturday 1 & Sunday 2 July (10:00 - 17:00)**

Tara is known as the Mother of all the Buddhas as she provides protection, guidance and clarity. Green Tara takes us from the imagination of our wishes to their manifestation. In Buddhism, the foremost training is the actualisation of the vast mind of bodhicitta, the wish that all beings be free from suffering and harm. When we make bodhicitta the main emphasis of our lives,

the rest of life flows naturally. Tara helps to facilitate this process.

Over the course of this weekend Paula will offer guided meditations on the practise of Green Tara, a light explanation of tantra and how the practice works. There will be group discussions and plenty of time for questions. Tara practice energises and aligns the body, voice and mind to the heart-opening, sublime experience of feeling love for all beings and enthusiasm for virtue – bodhicitta. The goal is to relax and enjoy this weekend while making life meaningful.

To book please email smile@jamyangleeds.co.uk. Suggested donation £25 per day (£6 for Friday).

Film Night - JBCL Social Saturday 15 July, 18:00 - 20:00



Join us for our second Film Night (with popcorn) in the gomba at Jamyang Buddhist Centre Leeds. This time we will be showing Seven Years in Tibet, an American biographical drama by Austrian mountaineer Heinrich Harrer on his experiences in Tibet between 1944 and 1951. Harrer and travel companion Peter Aufschnaiter are imprisoned by the

British in India at the start of WW2. They both escape and cross the border into Tibet. After initially being ordered to return to India, they are welcomed at the holy city of Lhasa and become absorbed into an unfamiliar way of life. Harrer is introduced to the 14th Dalai Lama Tenzin Gyatso, who is still a boy, and becomes one of his tutors. During their time together, Heinrich becomes a close friend to the young spiritual leader. Starring Brad Pitt and David Thewlis, the score was composed by John Williams and features cellist Yo-Yo Ma.

All welcome. Please email smile@jamyangleeds.co.uk to let us know you will be joining us.

Discovering Buddhism Practice Morning: Establishing a Daily Practice

Saturday 22 July, 10:30 - 12:30

This morning workshop will be a chance to practice the techniques explained during the Discovering Buddhism module on Establishing a Daily Practice. We will look at a few of the practices covered in the module and offer advice and techniques to help you meditate with confidence. You don't need to have attended the classes to join, you can just drop in.

Please email smile@jamyangleeds.co.uk to book on this session. Suggested donation £6

Charges/Suggested Donations

We want to provide the maximum benefit to everyone, and we hope you find the classes here of value. By making a donation you will help others benefit too.

Our Centre and other activities cost about £1,000 a week to run. Our teachers do not get paid, but we cover their expenses - a city centre location is expensive and some of our teachers travel a long way. We do not get any grants, and rely almost entirely on donations. If you want to support us, please donate towards the cost of these classes, or even better become a friend of the Centre and donate regularly.

Suggested donations:

- £3 for a lunchtime class
- £6 for an evening class
- £25 for a day class

If these are too much for you even the smallest donation makes a difference. Most of all, we hope you enjoy the classes, and benefit from them.

Gift Aid

Gift Aid means that for every £1 you give, JBCL gets an extra 25p from HMRC; helping your donations to go further.

To qualify for Gift Aid, what you pay in tax must at least equal the amount we will claim. Please sign a Gift Aid form in order that JBCL can reclaim from HMRC the tax on your donation and please inform us if you cease to be a taxpayer.

Thank you.

Become a Friend

Help shape the future of Jamyang Buddhist Centre Leeds



Invitation to become a friend

The contribution of time and effort from volunteers and the money raised from donations during classes go some way to maintain JBCL but they don't cover all the running costs. In order to fulfil the Centre's aims it needs your regular support and you can do this by becoming a Friend. A Friend is someone who wishes:

- to be part of a Dharma family and the JBCL community
- to have support for their Dharma practice and to give support to others
- to support a peaceful, positive place in the heart of the city where the Buddha's teachings can flourish
- to demonstrate their commitment in a practical way by giving a regular donation of money or time.

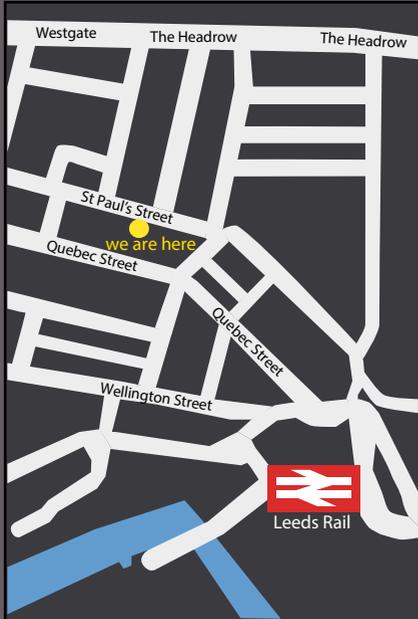
Friends make the commitment of a regular donation or volunteer their time to enable JBCL to meet day to day running costs and to ensure the Centre will be in Leeds for a long time to come.

Please email smile@jamyangleeds or look on our website (www.jamyangleeds.co.uk/giving/friends) for further details on becoming a friend of JBCL.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17 April Centre Closed Easter Monday	18 April 12:30 Meditation	19 April 12:30 Yoga	20 April 12:30 Meditation 18:30 Advice from a Spiritual Friend	21 April	22 April	23 April 10:30 Purification Sunday
24 April 12:30 Tara puja 18:30 Meditation	25 April 12:30 Meditation	26 April 12:30 Yoga 18:30 Mindfulness in Daily Life	27 April 12:30 Meditation 18:30 Advice from a Spiritual Friend	28 April 18:30 Lama Chopa	29 April	30 April Trustees meeting
1 May CENTRE CLOSED (Bank Holiday)	2 May 12:30 Meditation 18:30 Disc Bud 7 Samsara and Nirvana	3 May 12:30 Yoga 18:30 Mindfulness in Daily Life	4 May 12:30 Meditation 18:30 Advice from a Spiritual Friend	5 May	6 May	7 May 10:30 Medicine Buddha puja
8 May 12:30 Tara puja 18:30 Meditation	9 May 12:30 Meditation 18:30 Disc Bud 7	10 May 12:30 Yoga 18:30 Mindfulness in Daily Life	11 May 12:30 Meditation 18:30 Advice from a Spiritual Friend	12 May	13 May 10:30 Buddhist Model of the Mind Tenzin Josh	14 May 10:30 Buddhist Model of the Mind Tenzin Josh
15 May 12:30 Tara puja 18:30 Meditation	16 May 12:30 Meditation 18:30 Disc Bud 7	17 May 12:30 Yoga 18:30 Mindfulness in Daily Life	18 May 12:30 Meditation 18:30 Advice from a Spiritual Friend	19 May 18:30 Chittamani Tara puja	20 May 10:30 Review Class Essence of True Eloquence	21 May 10:30 Purification Sunday
22 May 12:30 Tara puja 18:30 Meditation	23 May 12:30 Meditation 18:30 Disc Bud 7	24 May 12:30 Yoga 18:30 Mindfulness in Daily Life	25 May 12:30 Meditation 18:30 Advice from a Spiritual Friend	26 May 18:30 Lama Chopa	27 May 11:00 Essence of True Eloquence Geshe Tashi	28 May
29 May CENTRE CLOSED (Bank Holiday)	30 May 12:30 Meditation 18:30 Disc Bud 7	31 May 12:30 Yoga 18:30 Mindfulness in Daily Life	1 June 12:30 Meditation 18:30 Advice from a Spiritual Friend	2 June	3 June	4 June 10:30 Choosing Kindness Ven. Amy Miller
5 June 12:30 Tara puja 18:30 Meditation	6 June 12:30 Meditation 18:30 Disc Bud 7	7 June 12:30 Yoga 18:30 Embodied Living & Wholehearted Attention	8 June 12:30 Meditation 18:30 Advice from a Spiritual Friend	9 June 18:30 Chittamani Tara puja (Saka Dawa)	10 June 10:30 DB Practice Morning Samsara & Nirvana	11 June 10:30 Medicine Buddha puja
12 June 12:30 Tara puja 18:30 Meditation	13 June 12:30 Meditation	14 June 12:30 Yoga 18:30 Embodied Living & Wholehearted Attention	15 June 12:30 Meditation 18:30 Feng Shui Public Talk	16 June 18:30 Lama Chopa	17 June 10:30 Form School Feng Shui Workshop	18 June 10:30 Compass School Feng Shui Workshop
19 June 12:30 Tara puja 18:30 Meditation	20 June 12:30 Meditation 18:30 Disc Bud 8 Establishing a Daily Practice	21 June 12:30 Yoga 18:30 Embodied Living & Wholehearted Attention	22 June 12:30 Meditation 18:30 Advice from a Spiritual Friend	23 June	24 June 10:30 Mindfulness Practice Day	25 June 10:30 Purification Sunday
26 June 12:30 Tara puja 18:30 Meditation	27 June 12:30 Meditation 18:30 Disc Bud 8	28 June 12:30 Yoga 18:30 Embodied Living & Wholehearted Attention	29 June 12:30 Meditation 18:30 Advice from a Spiritual Friend	30 June 18:30 Green Tara weekend Paula Chichester	1 July 10:00 Green Tara weekend	2 July 10:00 Green Tara weekend
3 July 12:30 Tara puja 18:30 Meditation	4 July 12:30 Meditation 18:30 Disc Bud 8	5 July 12:30 Yoga 18:30 Meditations for Emotional Balance	6 July 12:30 Meditation 18:00 HHDL Birthday Chenrezig puja	7 July 18:30 Chittamani Tara puja	8 July	9 July 10:30 Medicine Buddha puja
10 July 12:30 Tara puja 18:30 Meditation	11 July 12:30 Meditation 18:30 Disc Bud 8	12 July 12:30 Yoga 18:30 Meditations for Emotional Balance	13 July 12:30 Meditation	14 July	15 July 18:00 Film Night {JBCL Social}	16 July
17 July 12:30 Tara puja 18:30 Meditation	18 July 12:30 Meditation 18:30 Disc Bud 8	19 July 12:30 Yoga 18:30 Meditations for Emotional Balance	20 July 12:30 Meditation	21 July 18:30 Lama Chopa	22 July 10:30 DB Practice Morning Establishing a Daily Practice	23 July
24 July 12:30 Tara puja 18:30 Meditation	25 July 12:30 Meditation 18:30 Disc Bud 8	26 July 12:30 Yoga 18:30 Meditations for Emotional Balance	27 July 12:30 Meditation	28 July	29 July	30 July 10:30 Purification Sunday

Where are we?

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Tel: 07866 760460

Web: www.jamyangleeds.co.uk

Email: smile@jamyangleeds.co.uk

Facebook:

www.facebook.com/JamyangLeeds

Follow us on Twitter:

<http://twitter.com/JamyangLeeds>

Who are we?

Jamyang Buddhist Centre Leeds (JBCL) is a charity established in Leeds to promote Tibetan Buddhist meditation, teaching and ethics. Although based in Leeds, students from many areas of the UK - and the world - attend our events.

JBCL is affiliated to an international Buddhist organisation called the Foundation for the Preservation of the Mahayana Tradition (FPMT) which is part of the Gelugpa lineage as practised by His Holiness the Dalai Lama. The FPMT was founded in 1975 by Lama Thubten Yeshe (1935-84), one of the first Tibetan Buddhist monks to bring Tibetan Buddhism to the West. The FPMT is currently guided by Lama Zopa Rinpoche with the inspiration of HH Dalai Lama.

FPMT is an international non-profit organisation following the Mahayana Buddhist tradition through teaching, meditation and community service. FPMT is a network of over 160 Tibetan Buddhist centres, retreat venues, monasteries, nunneries, hospices, publishing houses and related activities. FPMT provides integrated education through which people's minds and hearts can be transformed into their highest potential for the benefit of others, inspired by an attitude of universal responsibility.

<http://www.fpmt.org/>



Affiliated to the FPMT

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