



# JAMYANG

## BUDDHIST CENTRE LEEDS

### Spring Programme 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6 January</b> 6:00pm Meditation 1/6	<b>7 January</b> 12:15pm (LY) & 12:30pm (CW) Meditation 7:15pm Qi Gong	<b>8 January</b> 12:15pm Hatha Yoga 6:30pm Mindful Self Compassion	<b>9 January</b> 11:00am Dru Yoga 12:30 Meditation 6:30pm DB g: 1/6	<b>10 January</b> 7:30pm Sound Bath	<b>11 January</b> 6:00pm Film Night	<b>12 January</b>
<b>13 January</b> 6:00pm Meditation 2/6  7:00pm Puja	<b>14 January</b> 12:15pm (LY) & 12:30pm (CW) Meditation 7:15pm Qi Gong	<b>15 January</b> 12:15pm Hatha Yoga 6:30pm Mindful Self Compassion	<b>16 January</b> 11:00am Dru Yoga 12:30 Meditation 6:30pm DB g: 2/6	<b>17 January</b>	<b>18 January</b> 10:00am Medicine Buddha Practice Day	<b>19 January</b> 2:00pm Tai Chi 6:30pm Lama Chopa Puja
<b>20 January</b> 6:00pm Meditation 3/6	<b>21 January</b> 12:15pm (LY) & 12:30pm (CW) Meditation 7:15pm Qi Gong	<b>22 January</b> 12:15pm Hatha Yoga 6:30pm Mindful Self Compassion	<b>23 January</b> 11:00am Dru Yoga 12:30 Meditation 6:30pm DB g: 3/6	<b>24 January</b>	<b>25 January</b> 10am-2pm Jumble Sale	<b>26 January</b> 10:30am Purification Sunday
<b>27 January</b> 6:00pm Meditation 4/6  7:00pm Puja	<b>28 January</b> 12:15pm (LY) & 12:30pm (CW) Meditation 7:15pm Qi Gong	<b>29 January</b> 12:15pm Hatha Yoga 6:30pm Mindful Self Compassion	<b>30 January</b> 11:00am Dru Yoga 12:30 Meditation 6:30pm DB g: 4/6	<b>31 January</b>	<b>1 February</b>	<b>2 February</b>
<b>3 February</b> 6:00pm Meditation 5/6	<b>4 February</b> 12:15pm (LY) & 12:30pm (CW) Meditation 7:15pm Qi Gong	<b>5 February</b> 12:15pm Hatha Yoga 6:30pm Mindful Self Compassion	<b>6 February</b> 11:00am Dru Yoga 12:30 Meditation 6:30pm DB8: 5/6	<b>7 February</b> Lineham Farm Retreat	<b>8 February</b> Lineham Farm Retreat	<b>9 February</b> Lineham Farm Retreat
<b>10 February</b> 6:00pm Meditation 6/6 7:00pm Puja	<b>11 February</b> 12:15pm (LY) & 12:30pm (CW) Meditation 7:15pm Qi Gong	<b>12 February</b> 12:15pm Hatha Yoga 6:30pm Mindful S-C	<b>13 February</b> 11:30 Dru Yoga 12:30 Meditation 6:30pm DBg: 6/6	<b>14 February</b>	<b>15 February</b> 10:30am DB Practice Morning	<b>16 February</b> 6:30pm Sound Bath

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>17 February</b>	<b>18 February</b> 12:15pm (LY) & 12:30pm (CW) Meditation 6:30pm Lama Chopa Puja	<b>19 February</b> 12:15pm Hatha Yoga  6:30pm Mindful Self Compassion	<b>20 February</b> 11:00am Dru Yoga 12:30 Meditation 6:30pm Intro to Buddhism	<b>21 February</b>	<b>22 February</b> 10:30am Mindful Self Compassion	<b>23 February</b> 10:30am Purification Sunday
<b>24 February</b> 6:00pm Meditation 1/6 7:00pm Puja	<b>25 February</b> 12:15pm (LY) & 12:30pm (CW) Meditation 6:30pm Discovering Buddhism 10: 1/6	<b>26 February</b> 12:15pm Hatha Yoga  6:30pm Mindful Self Compassion	<b>27 February</b> 11:00am Dru Yoga 12:30 Meditation 6:30pm Intro to Buddhism	<b>28 February</b> 10am-6pm Open Day 6:30pm Ven. Robina Courtin Public Talk	<b>29 February</b> 10:00am Ven. Robina Courtin	<b>1 March</b> 10:00am Ven. Robina Courtin
<b>2 March</b> 6:00pm Meditation 2/6	<b>3 March</b> 12:15pm (LY) & 12:30pm (CW) Meditation 6:30pm Discovering Buddhism 10: 2/6	<b>4 March</b> 12:15pm Hatha Yoga	<b>5 March</b> 11:00am Dru Yoga 12:30 Meditation 6:30pm Intro to Buddhism	<b>6 March</b> 7:30pm Sound Bath	<b>7 March</b>	<b>8 March</b>
<b>9 March</b> 6:00pm Meditation 3/6  7:00pm Puja	<b>10 March</b> 12:15pm (LY) & 12:30pm (CW) Meditation 6:30pm Discovering Buddhism 10: 3/6	<b>11 March</b> 12:15pm Hatha Yoga	<b>12 March</b> 11:00am Dru Yoga 12:30 Meditation 6:30pm Intro to Buddhism	<b>13 March</b>	<b>14 March</b> 10:00am Kindness Workshop	<b>15 March</b>
<b>16 March</b> 6:00pm Meditation 4/6	<b>17 March</b> 12:15pm (LY) & 12:30pm (CW) Meditation 6:30pm Discovering Buddhism 10: 4/6	<b>18 March</b> 12:15pm Hatha Yoga 6:30pm Lama Chopa Puja	<b>19 March</b> 11:00am Dru Yoga 12:30 Meditation 6:30pm Intro to Buddhism	<b>20 March</b>	<b>21 March</b> City Retreat: Mindfulness	<b>22 March</b> 2:00pm Tai Chi
<b>23 March</b> 6:00pm Meditation 5/6 7:00pm Puja	<b>24 March</b> 12:15pm (LY) & 12:30pm (CW) Meditation 6:30pm Discovering Buddhism 10: 5/6	<b>25 March</b> 12:15pm Hatha Yoga	<b>26 March</b> 11:00am Dru Yoga 12:30 Meditation 6:30pm Intro to Buddhism	<b>27 March</b>	<b>28 March</b>	<b>29 March</b> 10:30am Purification Sunday
<b>30 March</b> 6:00pm Meditation 6/6	<b>31 March</b> 6:30pm Discovering Buddhism 10: 6/6	<b>1 April</b> 12:30pm Hatha Yoga	<b>2 April</b> 11:00am Dru Yoga 6:30pm Intro to Buddhism	<b>3 April</b> Ackworth Retreat	<b>4 April</b> Ackworth Retreat 10:30am DB Practice Morning	<b>5 April</b> Ackworth Retreat
<b>6 April</b> Ackworth Retreat	<b>7 April</b> Ackworth Retreat	<b>8 April</b> Ackworth Retreat	<b>9 April</b> Ackworth Retreat 6:30pm Intro to Buddhism	<b>10 April</b>	<b>11 April</b>	<b>12 April</b>

Note: Please check our website for up to date event details.  
Some events may have changed since printing this flyer.

Key:  
DB = Discovering Buddhism  
LY = Leeds Yoga (City Centre)  
CW = Clyde Works (Holbeck)

## Meditation

### Lunchtime Meditation

**12:30pm-1:00pm every Tues & Thurs (Clyde Works)**

**12:15pm-12:45pm every Tues (Leeds Yoga)**

Guided secular meditation sessions to help bring focus and calm to your mind. Drop-in class.

*Suggested donation £3*

### How to Meditate

**Mondays: 6:00pm-7:00pm: Two 6-week courses**

Discover a range of simple meditation practices and techniques, including mindfulness and guided analytical meditation. These two 6-week courses are for beginners and those who want to revise what they know about meditation.

*Suggested Donation £6*

## Buddhism

### Discovering Buddhism

Develop your understanding of Tibetan Buddhist philosophy and practice on this modular course. All levels welcome. Drop-in or book online.

*Suggested donation £6*

### Module 9: Bodhicitta

**Thursdays: 6:30pm-8:00pm, 9 Jan to 13 Feb**

**Practice Morning: Saturday 15 Feb 10:30am**

The attitude of Bodhicitta is often referred to as the essence of all Buddha's teachings. This module explores what Bodhicitta is, the benefits of such a vast mind and how we can develop from an ordinary outlook to this vast mind of compassion.

### Module 10: Emptiness

**Tuesdays: 6:30pm-8:00pm, 25 Feb to 31 Mar**

**Practice Morning: Saturday 4 Apr 10:30am**

The Buddha provided an effective means to achieve liberation from the uncontrolled cycle of death and rebirth, and the perfection of wisdom and compassion. The essential instruction he provided for such amazing realisations was pointing out reality, also known as the emptiness of true existence.

### Introduction to Buddhism

**Thursdays: 6:30pm-8:00pm, 20 Feb to 9 Apr**

This 8-week programme is an exciting opportunity to explore a range of Buddhist teachings and practices, gain an understanding of how they can positively impact your life, and plan for how to develop your practice and live better.

Each week we will explore a new topic, from the Buddha's story, to meditation, karma, and compassion. There will be opportunities for meditation, discussions, and questions, and the visual presentation will be made available in the accompanying workbook.

*Suggested donation £6*

## Visiting Teachers, Workshops and Talks

### Public Talk: Making The World A Better Place

with Ven. Robina Courtin

**Friday 28 Feb: 6:30pm**

The ever-popular Venerable Robina Courtin visits Clyde Works for the first time, with teachings to inspire us to look beyond our own situation and use our spiritual practice to benefit those around us and the wider world.

*Suggested Donation £8*

### How To Develop Bodhicitta

with Ven. Robina Courtin

**Saturday & Sunday**

**29 Feb & 1 Mar: 10:00am-5pm**

Bodhicitta, or the Mind of Enlightenment – the courageous attitude of great compassion that strives for enlightenment for the sake of others – is one of the most important spiritual qualities for everyone who wishes to bring their own sufferings and those of others to an end.

*Suggested donation £25 per day.*

### Kindness Workshop

with Alison Murdoch

**Saturday 14 Mar: 10:00am-5:00pm**

What is kindness, and why is it so important at the moment? Is it possible to develop our natural capacity for kindness? Drawing on our own experience together with scientific findings and the philosophical and psychological teachings of the Buddha, this will be a relaxed and informal workshop with plenty of time for shared exploration and discussion. It is suitable for people of all ages, cultures and faiths.

*Suggested Donation £25*

## Retreats

### Compassionate Living Retreat, at Lineham Farm

Residential weekend retreat with Dr. Ken Lunn & David Midgley

**Fri 7 Feb (afternoon) to Sun 9 Feb (after lunch)**

We live in an interdependent world and rely on each other and ourselves for our health and well-being. Being kind and compassionate to ourselves and others is essential. In this way we can significantly improve our general wellbeing, our relationships with others, and our overall happiness.

*See website for details and how to book.*

### Mind and Its Ultimate Nature, at Ackworth School

Residential 6-day retreat with Geshe Namdak

**Fri 3 Apr (afternoon) to Thur 9 Apr (after lunch)**

In order to achieve more happiness for self and others, it is important to understand our mind, to understand how we perceive the world around us and to see what actual reality is. In order to get out of the cycle of suffering and help others to achieve the same, we have to generate the wisdom realising ultimate reality.

*Suggested donations vary. Please see website to book.*

## Secular Events

### Daoist Tai Chi Workshops

with Arun Gujran

**Sundays 19 Jan and, 22 March : 2pm-5pm**

*Cost £25 per workshop. To book please email: instructor@leedstaichiacademy.org*

### Hatha Yoga

with Jan McGuire

**Wednesdays 12:15- 1.00pm**

**from 8th January**

*Cost: £5 per drop-in session. Please book for this class by phoning 07512 393 228*

### Qi Gong – Introductory 6 Week Course

with John Mackie

**Tuesdays 7:15–8:15pm, 7 Jan to 11 Feb**

*Cost: £50/£45 conc. To book please email: info@johnmackie.co.uk or phone 07875324830*

### Dru Yoga

with Chrissie Martindale

**Thursdays 11am- 12 noon from 9th January**

*Cost £7 per drop-in class. To book please email: chrissie@powerof-one.co.uk or phone 07944 242080*

### Mindful Self Compassion

with Dr Lynne Dowson

**8 sessions on Wednesdays 6:30pm 8 Jan to 26 Feb**

*Cost £180 (conc. available). To book please email: lynne@serenityworks.co.uk or phone 07500 367644*

### Sound Baths

with Craig Eddington of the Sound Therapy Company

**Weds Dec 11 7.30pm**

**Fri 10 Jan 7.30pm**

**Sun 16 Feb 6.30pm**

**Fri 6 March 7.30pm**

*£12.50 per session. Please book your place via Eventbrite or Facebook*

*www.facebook.com/gongsoundbath/events*

*Contact Craig on 07804 088663 with any questions.*

## Community Events

### Film Night – Saturday 11 Jan 6pm

Our famous film nights are back. Film TBC (see website) – popcorn provided. All welcome. 6pm for 6:30pm start. Donations welcome.

### Jumble Sale – Saturday 25 Jan 10am-2pm

Our Yak Street Shop has been piling up all kinds of items which will be on sale for our first ever jumble sale! Café will be open and you're welcome to bring donations for the sale too.

### Open Day – Friday 28 Feb 10am-6pm

A chance to look around the centre, find out what we do here, meet some of our volunteers. We'll have taster sessions of meditation and yoga throughout the day, plus the café and shop will be open. We'll have a guest speaker in the evening too: 6:30pm start.

## Pujas & Practices

### LamaChopa puja

*Sunday 19 Jan, Tuesday 18 Feb and Wednesday 18 March at 6:30 pm*

### Tara /Medicine Buddha Pujas

Monday Nights at 7:00pm

**Jan 13, 27; Feb 10, 24; Mar 9, 23**

## Contact Details

### Jamyang Buddhist Centre Leeds

Clyde Works, Ingram Road, Leeds, LS11 9RQ

Tel: 0113 345 2626

Email: smile@jamyangleeds.co.uk

Web: www.jamyangleeds.co.uk

Facebook: /jamyangleeds

## Suggested Donations

Most classes are offered freely so as many people as possible can benefit. Our Centre and its activities cost £8,000 a month to run and we do rely on donations to cover costs. Please donate towards the cost of classes to support the work we do, or even better become a Friend and donate regularly. By making a donation you benefit others too. For further details on becoming a Friend and all the benefits you will receive (from £20 a month) visit [www.jamyangleeds.co.uk/giving/friends](http://www.jamyangleeds.co.uk/giving/friends) or email [smile@jamyangleeds.co.uk](mailto:smile@jamyangleeds.co.uk).

Suggested donations:

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

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

## Who we are

Jamyang Buddhist Centre Leeds (JBCL) is a registered charity (1109242) established to help people learn about Tibetan Buddhist meditation, philosophy, psychology and ethics. 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. Founded by Lama Thubten Yeshe, the FPMT is currently guided by Lama Zopa Rinpoche.

**Café & Shop:** open Monday-Friday 11am-2pm and at special events. **Outreach:** Contact us to find out about our Chaplaincy service, school visits, workshops on meditation for charities and businesses. **Room Hire:** Our hall and meeting room are available at competitive rates. See website for details. **Volunteer:** Get involved – we have a thriving team and we'd love you to be a part of what we do!