



## VISITING TEACHERS & EVENTS



### MINDFULNESS AND THE FOUNDATIONS OF BUDDHIST MIND TRAINING

with Venerable Sean Price  
Wed 19 Aug, 7-9pm



### TRAINING THE MIND IN LIMITLESS COMPASSION

with His Eminence Khondung Asanga Vajra Sakya Rinpoche  
Sat 12 Sep, 6-7.30pm



### COMPASSION IN THE COMMUNITY

with Ian Ives  
Fri 25-Sun 27 Sep



### DEALING WITH DIFFICULT EMOTIONS

Bodhi Meditation Moments  
Thu 8 Oct, 7.00-9.30pm  
Sat 10 Oct, 10.30am-1.00pm



### KHENCHEN PEMA SHERAB

Sat 17-Sun 18 Oct



### OPEN HEART MEDITATION COURSE

6:30-8:30pm  
Every Thursday starting 22 Oct



### WHAT IS DHARMA FOR?

an evening with  
Khenpo Tashi Tsetsen  
Wed 28 Oct, 7-9pm



### KUM NYE MOVEMENT MEDITATION

with Matt Padwick  
Sat 7-Sun 8 Nov



### EMOTIONS, ART & MEDITATION

with David Rycroft  
Nov, Date TBC

## WEEKLY PROGRAMME

Scan for more info  
& bookings



| MON                                       | TUE                                                    | WED                                          | THU                                                         | FRI                                                        |
|-------------------------------------------|--------------------------------------------------------|----------------------------------------------|-------------------------------------------------------------|------------------------------------------------------------|
| 8.15-9am<br>Meditation practice<br>ONLINE |                                                        | 6.30-8.30pm<br>Qi-gong, Tai-chi<br>IN-PERSON |                                                             |                                                            |
|                                           | 6.30-8pm<br>Guided meditation<br>practice<br>IN-PERSON | 6.30-7.30pm<br>Meditation practice<br>ONLINE | 6.30-8.30pm<br>Open Heart<br>Meditation Course<br>IN-PERSON | 6.30-7.30pm<br>Kum Nye movement<br>meditation<br>IN-PERSON |