

## Special Event




Prajnaparamita Empowerment  
Saturday March 18th  
11am - 5pm £30 (includes lunch)

An empowerment is a special guided meditation through which we build a connection with enlightened beings. Great Mother Prajnaparamita is the female Buddha of wisdom.

With wisdom we can effortlessly be free from daily problems and experience deep peace and happiness. Through receiving powerful wisdom blessings from Prajnaparamita we can swiftly and easily fulfil our positive wishes.

Suitable for everyone.

 To deepen and gain experience of the practice of Prajnaparamita there is a half day retreat Sun March 19th  
9am - 1.30pm £10



## Retreats

Find your Happy Life ✨  
Winter Weekend Retreat  
January 21st & 22nd

Dissolve away the winter blues!  
Allow yourself to really enjoy and experience the peaceful benefits of meditation more deeply through engaging in this weekend retreat.  
3 guided 1 hour meditation sessions and guided walk.

Suitable for everyone

10am - 4.30pm £25 per day  
(includes refreshments & lunch)

Stress free Living  
Special Day Retreat  
March 25th

What is the missing ingredient in having a stress free life?

Learn how meditation changes your life by changing your habits of mind. This day retreat will help us gain deeper experience of practical meditation techniques to have a stress free life.

3 guided 1 hour meditation sessions with guided walk

10am - 4.30pm £30 (includes refreshments and lunch)

## The Founder

Venerable Geshe Kelsang Gyatso



Is the founder of the New Kadampa Tradition and a fully accomplished meditation master. An internationally renowned teacher of Buddhism who has pioneered the introduction of modern Buddhism into present day society. He is the author of twenty two highly acclaimed books that perfectly transmit the ancient wisdom of Buddhism to our modern world.

## Our Resident Teacher

Kelsang Varahi



She is a dedicated disciple of Geshe Kelsang and has been studying under his guidance for over 20 years. Kelsang Varahi is known for the clarity and strength of her teachings and her kind and caring nature.

## Vajrapani

Kadampa Buddhist Centre

Wheathouse Terrace Huddersfield HD2 2UY

[www.meditateinhuddersfield.org](http://www.meditateinhuddersfield.org)




Vajrapani Centre is open to everyone to learn about meditation and modern Buddhism. The Centre in Huddersfield offers classes for beginners to more experienced practitioners.

We also offer drop-in lunch time meditation at the University, Hoylandswaine and can cater for individual groups.

 [vajrapanikadampabuddhistcentre](https://twitter.com/vajrapanikadampabuddhistcentre)

 [MeditationHudds](https://www.facebook.com/MeditationHudds)

 [admin@meditateinhuddersfield.org](mailto:admin@meditateinhuddersfield.org)

 01484 943119



A member of the New Kadampa Tradition -  
International Kadampa Buddhist Union  
Registered Charity no. 1046562

# Meditation

for modern happy lives



Huddersfield & Kirklees  
January - July 2017



# Meditation Classes

Designed for beginners and open to everyone, an ideal introduction to Meditation and Buddhism. No experience necessary, you can just drop in. You are welcome to stay for refreshments after class.

**Tuesday class @ the centre**  
7.30pm - 9.15pm £6

How to Transform your Life  
Jan 10th - Feb 7th (5 weeks)

Through learning meditation, transform your mind into peaceful, positive states and experience the happiness we all wish for.

Be the Change you wish to see  
Feb 21st - Mar 14th (4 weeks)

We all wish to live in a peaceful and harmonious world, feel empowered that through learning to improve ourselves, we improve the world.

The Power of a Supreme Good Heart  
Mar 28th - Apr 18th (4 weeks)

Learn to develop and identify with our pure self, our good heart.

Find your Wisdom  
May 2nd - May 23rd (4 weeks)

With wisdom we can solve all our problems and find unchanging pure happiness. Discover your inner wealth of wisdom.

Meditation for Modern Living  
June 6th - July 11th (6 weeks)

Learn how to integrate meditation with daily life and transform our busy day into positive and peaceful experiences.

## Other Classes

**THURSDAY MORNING** Drop-in Class  
11am - 12.30pm £6

These classes follow the same series as Tuesday classes. Start Jan 12th and follow Tuesday class dates.

**THURSDAY IN DEPTH** Meditation Class  
7.30pm - 9.15pm £6

Explore meditation to help deepen and make progress in transforming your mind. Start Jan 12th and following Tuesday class dates

Prayers for World Peace \*

Sundays 11am - 12.30pm Free



Generate positive minds together so we can create inner and outer peace. A free class with meditation and short teaching. Open to everyone Starts Feb 12th - Jul 16th ( No class Mar 19th, Apr 16th, May 28th, Jun 4th )

## Half Day Courses

10am - 1.30pm £15

**The Key to Your Happiness**  
February 18th

Learn how to meditate and discover for yourself the benefits and how it is essential for your daily happiness. Suitable for beginners

**Mindfulness and Wellbeing**  
April 22nd

Generally we understand mindfulness to being aware of the present moment. Learn how to practically deepen this understanding so we can solve our daily problems and find inner peace.

**Being who you want to be**  
May 13th

Learn how to be happy with yourself by developing real self confidence and letting go of negative thoughts and emotions.

**Living Without Fear**  
June 17th

Develop inner strength of mind to transform life's difficulties and become fearless.

**Half Day Simply Meditate Workshops**  
10am-12.30pm £12

Learn practical meditation skills for finding inner peace, overcome stress and develop positive minds. Suitable for beginners. Feb 11th, Apr 29th, May 20th & Jun 24th

*“ Only by creating peace within our own mind and helping others do the same can we hope to achieve world peace. ”*

- Geshe Kelsang Gyatso

## Food for Thought

7pm - 10pm £20 per person

Spend a relaxing evening beginning with a short guided meditation followed by delicious 3 course vegetarian meal.

February 24th & May 19th



**WORLD PEACE CAFE @ the Centre**

We are looking forward to re opening the cafe in February, serving delicious home made soups, cakes, teas and coffee. Pop in to see us & relax with friends.

Check website for dates and opening times.

**Summer Tea Party**  
Sunday June 11th 2pm - 5pm

Everyone Welcome. Come and enjoy tea, cake and chat. See website for more details.