

Special Away Retreat



How to Transform your Life - into a blissful journey

Oct 19th- Oct 22nd
@ Madhyamaka Centre in Pocklington

Take a break from busy daily life to enjoy a relaxing and uplifting retreat learning to deepen our minds of cherishing love and compassion. The retreat will be held in the tranquil and beautiful setting of Madhyamaka Centre in the Yorkshire Wolds.

Open to everyone, for more details see website.



Public Talks: Happy Mind, Happy Life

New Classes in Wakefield and Mirfield

Public Talk 1 - Thurs 7th Sep 7.30pm-9pm
@ Elizabethan Gallery in Wakefield

Public Talk 2 - Thurs 5th Oct 7.30pm-9pm
@ West Yorkshire Print Workshop in Mirfield

There will be a 4 week series of meditation classes following each public talk, at a different venue. Check website for more details.

World Peace Café @ the Centre Open Thurs - Sun 11am-4pm



Come in to enjoy peace and nourishment. Serving delicious homemade soups, cakes, teas and coffee.

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



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



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, Denby Dale and can cater for individual groups.



MeditationHudds



vajrapanikadampabuddhistcentre



admin@meditateinhuddersfield.org



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

Meditation for Modern Happy Living

inner peace

Huddersfield & Kirklees
Aug - Dec 2017

Tuesday Class @ the Centre

7.30pm - 9.15pm £6

Meditation Classes

These classes are open to everyone, suitable for beginners, they are an ideal introduction to meditation and Buddhism. You can just drop in or follow the class series. There are refreshments after class and a chance to chat informally and ask questions.

Meditate for Happiness

Aug 15th - Aug 29th (3 weeks)

Survive another Yorkshire summer! Rain or shine, learn meditation to discover unchanging sunshine within.

Learn Meditation and Mindfulness

Sep 5th - Oct 3rd (5 weeks)

What is meditation and mindfulness? How can they help us practically to be happy and solve daily problems.

Understanding your Mind

Oct 17th - Nov 7th (4 weeks)

What is the mind and how does it work? Through understanding our mind we can access our potential to experience real happiness by developing positive peaceful minds.

Real Solutions for our Daily Problems

Nov 21st - Dec 12th (4 weeks)

Normally we feel that we can solve our problems by changing external situations and people. However our problems still keep coming, so now is the time to find genuine solutions by changing our mind.



Other Classes

Thursday Morning Class

11am - 12.30pm £6

These classes follow the same series as Tuesday classes. Starting Sept 7th and follow same weeks as Tuesday class dates.

Thursday In depth Class

7.30pm - 9.15pm £6

These classes are designed for those that have some experience from attending previous classes, to help deepen our understanding and meditation practice. Starting Sept 14th and follow 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 Aug 20th - Dec 17th (No class Oct 1st, Oct 22nd and Nov 19th)

Half Day Courses

Saturdays 10am - 1.30pm £15



Discover Meditation

September 23rd

Learn to meditate so you can discover your own source of inner happiness and find solutions to daily problems. Suitable for beginners.

Freedom from Stress, Depression & Anxiety

October 28th

We understand that our negative emotions and minds are causing all our pain. Learn effective methods to free yourself from these bad mental habits and always be happy with yourself.

The Healing Power of the Mind

November 25th

Our mind has the power to create deep happiness or our living nightmare. Understand how to control your mind so it can heal inner and outer sickness and create your pure self and world.

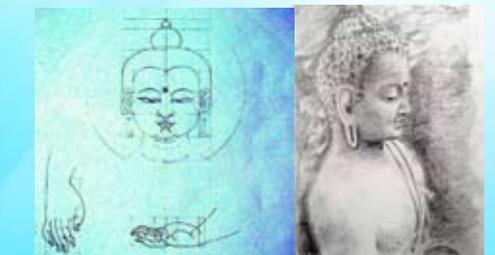
Other Events & Courses



Autumn Fayre - Open Day

Sun Oct 1st 12pm - 4pm

Come to enjoy and discover the centre. Free meditation sessions, centre tours, World Peace Café, Children's activities, bric-a-brac and more for all the family.



Art Course How to Draw Buddha

Oct 14th 10.30am - 4.30pm

£20 (includes lunch and refreshments)

On this day course, under the guidance of an experienced Buddhist artist, we will learn to draw Buddha's face, using the traditional grid method. No previous experience necessary. An inspiring, relaxed and enjoyable day.