

SPECIAL EVENTS



**EMPOWERMENT
OF JE TSONGKHAPA - WISDOM BUDDHA**
SATURDAY 28th APRIL
11.00am-5.00pm
£30 (includes lunch)

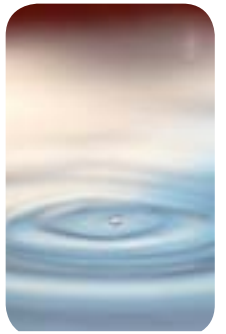
AN EMPOWERMENT
...is a special guided meditation through which we build a connection with enlightened beings. Je Tsongkhapa is a manifestation of Buddha's wisdom. With wisdom we will be free from the hallucinations of ignorance and come to experience real freedom and deep joy. We can accomplish this through receiving the blessings of Je Tsongkhapa.

**Followed by a HALF DAY RETREAT
KING OF THE DHARMA**
Sunday 29th April
9.00am-1.30pm
EVERYONE WELCOME

RETREATS

Clear Mind and Emptiness
27th-28th Jan - £12.00 per day

A retreat on the nature of our clear mind and training in seeing the reality of ultimate truth, emptiness.



What is Tantra?
Sat 23rd June 10.00am-1.30pm

Buddha's tantric teachings can be easily misunderstood. Through this introduction to tantra, we begin to discover how, by training in correct pure imagination and wisdom, we can become a pure being and be able to benefit each and every being.

What is Tantra Retreat
Sun 24th June 9.00am-1.00pm - £10

World Peace Cafe @ The Centre

Open Thurs-Sun 11.00am-4.00pm



Come in and enjoy peace and nourishment. Serving home made Vegan and Vegetarian food, soups, cakes, teas and coffee.



BE PART OF THE PEACE - VOLUNTEERS NEEDED in the cafe and other areas of the centre.
CONTACT US for more details - we look forward to meeting you. (See back page for information about how to contact us).

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 her clear and practical teachings and her kind and good heart.



Vajrapani Kadampa Buddhist Centre

Wheathouse Terrace, Birkby, Huddersfield HD2 2UY

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 evening classes at Denby Dale and lunchtime meditation at the University of Huddersfield.

- www.meditateinhuddersfield.org
- [MeditateHudds](#)
- [meditationhuddersfield](#)
- admin@meditateinhuddersfield.org
- 01484 943119



A member of the New Kadampa Tradition-IKBU.
Vajrapani Centre is a Registered Charity number 104656

Meditation

FOR MODERN HAPPY LIVING

HUDDERSFIELD & NORTH KIRKLEES
JANUARY - JULY 2018

TUESDAYS AT THE CENTRE

7.30PM - 9.15PM - £6

Suitable for beginners, these classes 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.

How to Transform your Life

9th Jan-13th Feb (6 weeks)

Learn meditation, develop new habits of mind to transform your life into a peaceful and positive life.

Becoming a Better Person

27th Feb-13th Mar (3 weeks)

Identify negative states of mind and learn how to overcome them.

Being Kind to Yourself and Others

27th Mar-17th Apr (4 weeks)

When we correctly identify the pure essential nature of ourself and others, we can naturally develop a good heart.

Living with Wisdom

1st May-22nd May (4 weeks)

Through developing our wisdom we will always be happy and can easily solve all our problems.

Peaceful Mind, Peaceful Life!

5th June-17th July (7 weeks)

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

THURSDAYS AT THE CENTRE



11.00AM - 12.30PM - £6

These classes follow the same series as Tuesday classes and start on the 18th Jan.

NEW FOR THIS YEAR ...

THURSDAY EVENING meditation classes

7.30pm-9.00pm - £6

These classes offer meditation and mindfulness practice, following the set of meditation CDs and are suitable for everyone.

Meditations for Relaxation

1st Mar-15th Mar (3 weeks)

Learn simple meditations to de-stress and find inner peace.

Meditations for a Clear Mind

29th Mar-19th Apr (4 weeks)

Discover the nature of your mind as clarity and experience deep, beneficial effects.

Meditations for a Kind Heart

3rd May-17th May (3 weeks)

Learn powerful meditations to develop your kind and loving heart.

Meditations for a Wise Heart

7th Jun-21st Jun (3 weeks)

Through developing our wisdom we shall discover deep, beneficial effects and happiness.

OTHER COURSES

PRAYERS FOR WORLD PEACE

Sundays

11.00am-12.30pm

Starts 11th Feb-22 Jul

(No classes 1st Apr, 29th Apr, 27th May & Jun 24th)

(free class)



Kids Club



£5 for family of 1
£7 for family of 2 or more.

Meditation for Children

Sundays

2.00pm-3.30pm

21st Jan. 11th Feb,
18th Mar, 15th Apr,
20th May, 17th Jun
& 8th July.

Most suited to 3-11 year olds. Session includes short guided meditation, story time & fun, creative activity, helping children gain confidence, joy and a way to manage unhappy minds.

FOOD FOR THOUGHT

7.00pm-10.00pm

£20 per person



Friday 23rd Feb
and Friday 18th May

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

HALF DAY COURSES

10.00AM-1.15PM - £15

Learn to Meditate

Sun 14th Jan

Discover for yourself the benefits of inner peace.

Live an Extraordinary Life

Sat 17th Feb

Through recognising our precious human life and taking its essence we will develop joy and confidence to live the life we wish.

Mindfulness and Clear Mind

Sat 24th Mar

Discover the practice of mindfulness that will lead us to experience the nature of our clear mind.

Improving our Relationships

Sat 21st Apr

Learn how to improve our positive, caring attitude and overcome our negative minds so that all our relationships will naturally improve.

Say 'Bye bye' to Stress and Worry

Sat 12th May

Overcome stress, worry and other unhappy emotions by understanding their underlying causes and train in new ways of thinking.

Healing Your Mind

Sat 2nd Jun

Discover how to heal both your mind and body, and have a healthy, happy life.

