



CHILL DOWN FRIDAY

Sept 28 , Oct 26 , Nov 23 from 7pm

Stop the week and start the weekend with a guided meditation and a short talk followed by a delicious vegetarian meal in our World Peace Cafe.

KIDS CLUB

Sundays 2 - 3.30 pm



Meditation for children
Sept 30, Oct 28 , Nov 25

Session includes meditation, story and creative activity. Most suited to 4-11 year olds.

DROP-IN CLASSES ELSEWHERE

Denby Dale
Tuesdays 7.30 - 9pm
Mirfield

Wednesdays 7.30 - 8.45pm

Classes consist of two guided meditations and a talk. They are given by experienced meditation teachers.

New branches are opening!
Please check website.

WORLD PEACE CAFE

Thursday to Sunday, 11am to 4pm

The cafe serves vegetarian and vegan delights inspired from around the world, including fresh tasty salads, homemade cakes and a selection of teas and coffees. Enjoy peace and nourishment.



OUR FOUNDER, VENERABLE GESHE KELSANG GYATSO

Venerable Geshe Kelsang Gyatso is a fully accomplished meditation master and internationally renowned teacher of Buddhism. He has written 23 highly acclaimed books and established over 1200 Kadampa Buddhist meditation centres and groups worldwide.



OUR TEACHER, KELSANG VARAHI

Kelsang Varahi is the resident teacher at the Centre and has been a student of Geshe Kelsang for more than 20 years. She is known for her clear and practical teachings and her kind good heart.



VAJRAPANI KADAMPA BUDDHIST CENTRE

Wheathouse Terrace, Birkby,
Huddersfield, HD2 2UY

(A listed building located on the corner of
Wheathouse Road and Wheathouse Terrace)



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meditationhuddersfield



A member of the New Kadampa Tradition - IKBU Registered Charity no. 1046562

WWW.MEDITATEINHUDDERSFIELD.ORG

MEDITATION & BUDDHISM

AUG - DEC 2018



HUDDERSFIELD
DENBY DALE
MIRFIELD

INCREASING THE PEACE IN KIRKLEES

TUESDAYS AT THE CENTRE » £6

TUESDAY NIGHTS » 7.30 TO 9PM

FIND AN OASIS OF PEACE

August 14 , 21 , 28

Survive another Yorkshire Summer! Learn refreshing meditation techniques to uplift your mind.



MEDITATION FOR A HAPPY LIFE

Sept 4 , 11 , 18 , 25 , Oct 2 , 9

What is meditation? How does it help us find a happy and meaningful life? Find out in this six part course.

EACH CLASS consists of two guided meditations and a talk. Suitable for beginners, they're an ideal introduction to meditation and Buddhism. There is no need to attend every class and no need to book.

UNDERSTANDING YOUR MIND

October 16 , 23 , 30 , Nov 6

By understanding our mind we can overcome painful negative habits of mind and develop positive minds.

INSPIRING SOLUTIONS FOR DIFFICULT TIMES

Nov 20 , 27 , Dec 4 , 11

Learn special ways of thinking to transform our mind and world.

THURSDAYS AT THE CENTRE » £6

THURSDAY MORNING 11AM TO 12.30PM



These follow the same series as Tuesday classes. You can stay on for a cup of tea and a chat after class as you can on Tuesday and you are welcome to stay for lunch in the World Peace Cafe. Starts August 16.

THURSDAY EVENING 7.30 TO 9PM



HOW TO TRANSFORM YOUR LIFE

Sept 6 , 13 , 20 , 27 , Oct 4 , 25 , Nov 1 , 8

Learn to develop and maintain inner peace to bring about changes in your life that give deep and lasting happiness.

free ebook Download the free ebook at howtoTYL.com

HOW TO SOLVE OUR HUMAN PROBLEMS

Nov 22 , 29 , Dec 6 , 13

Learn how to have a mind that is at peace even when faced with the most difficult of circumstances. This series focuses on the development of the mind of patient acceptance.

Each class consists of two guided meditations and a talk. There is no need to book for these classes. Just drop in!

HALF DAY COURSES » 10AM - 1.15PM » £15

LEARNING TO LET GO & FORGIVE - AUG 25

It's impossible to go through life without experiencing problems but it is possible to protect your mind from suffering.

DE-STRESS & UNWIND - SEPT 8

Learn to meditate to experience a peaceful and happy mind.

THE MEDITATION TOOLKIT - SEPT 22

How to cope and transform the strains of modern life with practical meditation methods.

BECOME THE PERSON YOU WANT TO BE - OCT 13

Who are you? What is your real potential? Learn to identify yourself correctly so you can be happy and confident.

THE POWER OF YOUR MIND - NOV 10

Learn to take control of your life by understanding how your mind has the power to create your reality.

LIVING FEARLESSLY - DEC 8

Discover how to overcome anxiety, worry, depression and other negative habits of mind. Learn to be free from fear.

PRAYERS FOR WORLD PEACE MONTHLY ON SUNDAYS

July 22 , Sept 23 , Oct 28 , Nov 25 , Dec 9

Generate positive minds to create inner and outer peace. This is a free class which is from 11am to 12.30 pm.

