



## CHILL DOWN FRIDAY 7PM

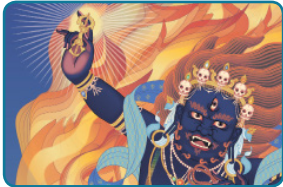
Mar 22 , Apr 26 , May 17 , Jun 21

Enjoy good food, good company and good vibes! Start the weekend with a relaxing meditation and short talk followed by a delicious vegetarian meal.

Please visit [www.meditateinhuddersfield.org](http://www.meditateinhuddersfield.org) to book.

## THE POWER OF A BLISSFUL MIND

### BLESSING EMPOWERMENT OF BUDDHA VAJRAPANI



SATURDAY 30 MARCH 11AM-5PM  
& HALF-DAY RETREAT 31 MARCH

When our mind is full of positive energy and happiness we can easily overcome inner and outer problems. Through receiving the blessing empowerment of Vajrapani we will have confidence and joy that helps us to quickly overcome obstacles in our life. Course fee: £30, includes lunch.

Please book online (see above).

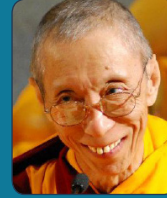
## BECOME A MEMBER

The most economical way to attend the Centre is to become a member. You can attend all the classes, courses and retreats at a reduced rate. For further information email [admin@meditateinhuddersfield.org](mailto:admin@meditateinhuddersfield.org).



## 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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# MEDITATION & BUDDHISM IN HUDDERSFIELD



JAN - JULY 2019

INCREASING THE PEACE IN KIRKLEES

## TUESDAY NIGHTS & THURSDAY MORNINGS

TUESDAYS 7.30-9PM & THURSDAYS 11AM-12.30PM » £7

### LIVING A MEANINGFUL LIFE

Jan 15, 22, 29, Feb 5, 12

Learn how meditation helps us take the essence of our precious human life & transforms it into a happy meaningful life.

### THE HABITS OF HAPPY PEOPLE

May 7, 14, 21

Develop the positive states of mind that make happy, positive people. Discover how meditation changes our perspective.

### GROWING OUR GOOD HEART

Feb 26, March 5, 12, 19

Our essential nature is our good heart. Through developing pure love & compassion we realise our potential for real happiness.

### SOLVING PROBLEMS WITH WISDOM

April 2, 9, 16, 23

Learn how our mind creates our reality. With this wisdom, we can harness our mind to create happiness and stop creating suffering.

### THE MAGIC OF MEDITATION

June 4, 11, 18, 25

July 2, 9, 16  
Learn special ways of thinking that transforms the daily grind of ordinary life into an experience of joy.

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

**Tues night and Thurs morning classes follow the same series.**

## THURSDAY NIGHTS » 7.30-9PM » £7

Learn how to use meditation to overcome your stressful states of mind and increase your happiness in daily life.

These drop-in meditation classes are suitable for beginners and involve two guided meditations and a talk. No need to book.

### ADVICE FOR LIFE

Jan 31 to Feb 14, Feb 28 to Mar 21

Apr 4 to Apr 25

### LEARNING TO BE HAPPY

May 9 to May 23, June 6 to June 27



### KIDS CLUB



### Meditation for Children

Sunday 2pm to 3.30pm

March 17, April 28, May 19

Session includes meditation, story and creative activity. Parents need to stay with children. Most suited to 4-11 year olds. Please book online.

## FUNDRAISING DINNER & AUCTION

SATURDAY 23 FEB » 6.30PM

Join us for a fundraising banquet and auction raising funds for a new premises. The evening begins with a relaxing short guided meditation and talk followed by a delicious three course banquet with live music and then a fundraising auction.



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

### JOURNEY TO HAPPINESS FEBRUARY 16

Learn to meditate and discover how real happiness comes from your inner peace.



### GETTING THE MOST OUT OF LIFE - MARCH 9

What is our potential? Through recognising the opportunity we have we can live a happy, confident and meaningful life.



### THE GREAT ESCAPE- APRIL 13

Get away from worries, stress and problems - completely. Learn how to break free with wisdom.

### WHAT IS KARMA? - MAY 11

Through understanding the principles of cause and effect, karma, we can learn to make sense of our experiences and take control, directing our life in the correct direction of happiness.

### DEALING WITH DIFFICULTIES - JUNE 8

We cannot avoid difficulties in life. Therefore, we need to make everything that happens to us help us become a better person.

### LETTING GO OF ANXIETY & STRESS - JULY 6

In modern life, stress and anxiety is constantly increasing. Learn practical methods to overcome these disturbing habits of mind. Find peace within.



Please book online at [www.meditateinhuddersfield.org](http://www.meditateinhuddersfield.org)