

## The Clarity and Emptiness of the mind retreat

3rd and 4th Oct

Buddha said "When you realise your own mind,  
you will become a buddha".

During this weekend retreat we will gain  
experience of the deep inner peace and  
freedom that comes from understanding the  
conventional nature of our mind, it's clarity and  
it's ultimate nature of emptiness.

Intro - Friday 2nd Oct 7.30pm

## Chill Down Friday meditation & meal 16th Oct & 13th Nov 7pm - 9.30pm

Start the weekend with a relaxing meditation and short  
talk, followed by a delicious vegetarian meal.

Enjoy good food, good company and good vibes!  
£15 per person - booking essential please.



### 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 Resident Teacher Gen Kelsang Varahi



Kelsang Varahi is the resident teacher at  
the Centre and has been a student of Geshe  
Kelsang Gyatso for more than 20 years.  
She is known for her clear and practical  
approach, her kind good heart and for  
presenting Buddha's teachings in a simple  
and relevant way.

### Vajrapani Kadampa Meditation Centre Huddersfield



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# meditation and modern buddhism



# vajrapani

kadampa meditation centre

huddersfield

aug - dec 2020

## Tuesday evening classes 7.30 - 9pm



Each class consists of two guided meditations and a talk. Suitable for beginners, they are an ideal introduction to meditation & Buddhism. You can book on our website or just drop in when you can.

£7 per session

### Finding the perfect getaway

18th Aug - 1st Sep (online class)

Learn practical methods to enjoy the inner peace of your mind.

### There's more to life on the inside

8th Sep - 29th Sep (Live class at the Centre and online)

Discover the benefits of meditation and journey into your peaceful mind.

### Choosing happiness

13th Oct - 10th Nov (Live class at the Centre and online)

By understanding our mind we can overcome painful negative habits of mind and develop peaceful ones.

### Finding joy and meaning

24th Nov - 15th Dec (Live class at the Centre and online)

Learn how to integrate meditation into daily life and make all our experiences meaningful.

*Everyone welcome*

## Thursday morning classes 11am - 12.30pm



Beginning 10th Sep with live classes at the Centre and following the same series as the Tuesday classes.  
£7 per session



## KIDS CLUB

18th Oct and 15th Nov  
2pm - 3.30pm

Sessions include meditation, story & creative activity.

Most suited for 4-11 year olds.

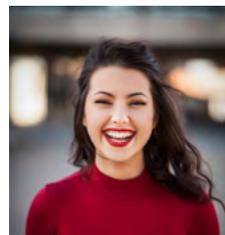
Parents/carers need to stay with children please.

£6 for one child;  
£10 for two or more children.

### Become a member of Vajrapani KMC

The most economical way to attend the Centre is to become a member. You can attend all classes, events and retreats at a reduced rate. There are different membership tiers, please check website for more details.

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



## Half day courses 10am - 1.15pm

On these half day courses we will explore inspiring and practical solutions to help transform our daily difficulties into a positive experience that brings self improvement, inner peace and joy.  
£15 per session

### Finding the right direction

19th Sep

### Letting go of painful feelings

10th Oct

### Living without fear

7th Nov

### Dealing with difficult relationships

5th Dec