

# Meditation and Modern Buddhism



## Vajrapani

Kadampa Meditation Centre

Huddersfield

August - December 2021

### Tuesday Evening classes 7.30pm - 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.

#### 17 Aug - 31 Aug Finding Peace, whatever the weather!

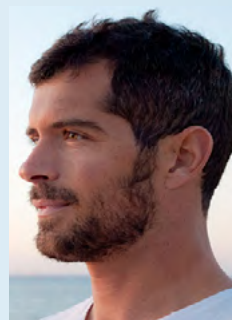
Learn practical methods to enjoy the storms & sunny days!

#### 7 Sep - 19 Oct Understanding Mind, Meditation & Mental Peace

What is the mind, meditation & how through understanding these we will discover real mental peace & freedom.

#### 2 Nov - 14 Dec How to find Joy & Meaning

Learn how to integrate meditation into busy daily life & transform our experiences into joyful ones.



### Thursday Morning classes 11am - 12.30pm

**Beginning 9 Sep** with classes at the Centre and following the same series as the Tuesday classes. £7 per session.



#### Chill Down Fridays - Meditation & Meal 7pm - 9.30pm 17 Sep, 15 Oct, 19 Nov



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.

#### Kids Club



#### Sundays 2pm - 3.30pm - 19 Sep, 17 Oct, 21 Nov

Meditation made easy & fun for children. Sessions include meditation, story, games & creative activity. Parents/carers accompany children in sessions. Most suited for 4-11 year olds. £6 for one child, £10 for two or more children.

Book online for all our courses and events  
[meditateinhuddersfield.org](http://meditateinhuddersfield.org)

Special Events with Guest Teacher Gen Tharpa

## Finding Freedom from Physical & Mental Pain

Saturday 9 Oct 10am - 4.30pm

Our mind has the power to heal or harm. From understanding our mind we can harness it's healing power to find real peace & freedom from pain.



## A Still Clear Mind - Finding Peace Within

Saturday 16 Oct 10am - 4.30pm

Very often our mind is filled with many unhappy, negative, distracted and stressful thoughts and as a result we have no ability to experience our mind's naturally peaceful state. Through understanding the nature of our mind, as clarity, we will come to experience a deep inner peace and stillness.

We are delighted to welcome Gen Tharpa, who has taught for over 30 years in Spain, Portugal & England. He is well loved for his ability to convey profound teachings with clarity, depth & good humour.



Everyone welcome

## Half Day courses 10am - 1.15pm

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

Discover the Joy of Meditation  
11 September

Dealing with Loss  
2 October

Freedom from Stress & Worry  
6 November

Dealing with Difficulties  
4 December

Everyone welcome

## 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 over 25 years. She is known for her clear, practical approach, her kind good heart and for showing the natural joy that comes from applying Buddha's teachings in daily life.

## Vajrapani Kadampa Meditation Centre



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