

Special Events

Finding Positivity in a Troubled World
Sat 4 Nov 10am-5pm



Day course with Guest teacher Gen Kelsang Lekma, Resident Teacher at Southampton. She is a senior Buddhist nun with more than 30 years of teaching and meditation experience.

Silent Day Retreat
Clear Stillness

Sat 18 Nov 9.30am-4.30pm

Rest your mind and enjoy the benefits of this silent retreat through experiencing deep inner peace.



Heritage Open Day

Pop in to visit us....house tours, free meditation sessions, cafe, book shop and stalls. Come in to soak up the peaceful atmosphere ~ everyone welcome.

Sun 17 Sep 1pm-4pm

Our Founder ~

Venerable Geshe Kelsang Gyatso Rinpoche



Venerable Geshe Kelsang Gyatso 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



Gen Kelsang Varahi is the resident teacher at the centre and has been a student of Geshe Kelsang Gyatso for more than 25 years. She shares her years of experience in meditation and practise in clear and inspiring teachings, and is known for her kind, good heart and her naturally joyful example.

Our Centre ~ Vajrapani Kadampa
Meditation Centre



Wheathouse
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bookings ~ meditateinhuddersfield.org



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Meditation

and

Modern Buddhism



Vajrapani

Kadampa Meditation Centre
Huddersfield

Courses and Events
Aug - Dec 2023

meditateinhuddersfield.org



Tuesday evening meditation

7.30pm-9pm



In our world of constant uncertainty and continual problems, we need to find real solutions from within. Learning meditation and positive wisdom advice from Buddha's teachings will help us find inner peace and protection from our daily difficulties. These classes are suitable for beginners and are an ideal introduction to meditation and modern Buddhism. £7 per session or you can book a series for a discount.

15 Aug - 29 Aug **Inner Peace is the Best Holiday**

Practical methods to bring about peace of mind, whatever our circumstances.

5 Sep - 3 Oct **Meditation ~ The Path of Self-Improvement**

Finding the methods to grow beyond our ordinary and limited self perceptions.

17 Oct - 7 Nov **The Power of a Good Heart**

How to benefit yourself and our world by developing a good, loving heart.

21 Nov - 12 Dec **Self Care and Mental Wellness**

How to be kind and care for ourself by looking after our mind.

Other classes

Thursday morning meditation

11am-12.30pm

Thursday meditation classes follow the same series as the Tuesday evening classes. Starts 7 Sep.



Chill down Friday

Wind down from the busy week with a relaxing meditation and short talk, followed by a delicious vegetarian meal. Enjoy good food, good company and good vibes!

27 Oct
& 24 Nov
7pm-9.30pm



Meditation classes in Denby Dale Tues 7.30pm-9pm

Denby Dale Community Library ~ classes taught by Jim Sheridan. Please see our website for booking. meditateinhuddersfield.org



Half-day courses

10am-1.15pm

Learn practical ways to solve our daily problems



16 Sep **Healing Ourselves with Meditation**

Learn to meditate ~ the genuine method to heal our mental unhappiness and difficulties.

21 Oct **Let go of Anxiety and Worry**

How to take control of our negative minds and remove them.

28 Oct **Training in the Peace of Concentration**

By training our mind consistently we can experience deep freedom and the peace of pure concentration (optional part 2 ~ see below)

9 Dec **Living Fearlessly**

Develop inner strength of mind to transform life's difficulties.

13-18 Dec **Away retreat at Madhyamaka KMC, Pocklington**

Part 2 of Training in the Peace of Concentration ~ please see website for details.

