

# Special Day Courses

## Live, Laugh, Love!

Sat 23rd Mar 10am - 5pm

With Guest  
Teacher Gen  
Kelsang Pagpa



How to free yourself from disturbing emotions and negative thinking, so you can live a light, happy life. We are delighted to have Gen Pagpa teach at Vajrapani - he is a powerful, sincere teacher, having taught extensively in the UK for nearly 30 years. He shares his wealth of knowledge in a humble, down to earth manner.

Silent Day Retreat

## Finding Clarity and Stillness

Sat 15th June

9.30am - 4.30pm

Enjoy the benefits of this silent day retreat by experiencing deep inner peace and a vast clarity of mind. Feel deeply relaxed and refreshed.



# Special Event

## Buddha Shakyamuni Empowerment

Finding a Supreme Unchanging Friend

Sat 27th April 11am - 5pm

Buddha Shakyamuni is the founder of Buddhism for our world. Through his kindness and wisdom advice we are able to find real happiness and freedom within our own mind.

In this empowerment (which is a special guided meditation), we will make a connection with Buddha and receive his powerful blessings. In this way we will come to have the beneficial guidance of a supreme unchanging friend. How wonderful! This empowerment will be granted by our Resident Teacher Gen Kelsang Varahi.

Followed by  
Half-day retreat  
Sun 28 Apr 10am - 1.30pm



# Everyone Welcome

# Info

## The Founder



The founder of Modern Kadampa Buddhism is Venerable Geshe Kelsang Gyatso Rinpoche, affectionately known as Venerable Geshe-la, a world-renowned meditation master and Teacher. He inspires thousands of people around the world to apply the pure teachings of Buddha to their modern lives to solve their personal problems and discover a deep and lasting inner peace and happiness.

## Resident Teacher



Gen Kelsang Varahi is the resident teacher at the centre and has been a student of Kadampa Buddhism for over 25 years. She shares her many years' experience of meditation and practice through clear and inspiring teachings, and is known for her kind-heartedness and joyful personality.



## Vajrapani KMC

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# meditateinhuddersfield.org

# meditation in huddersfield



# vajrapani kadampa meditation centre

## meditation & modern buddhism

classes & events  
Jan - Jul 2024

# Tuesday Classes



**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 daily difficulties. These classes are suitable for beginners. £7 per class or book a series for a discount.

**16 Jan - 6 Feb**  
**Meditate for Mental Wellbeing**  
New year, new you! Learn how meditation gives rise to inner peace and mental clarity.

**20 Feb - 19 Mar**  
**Finding Inspiration and Meaning**  
Find inspiring solutions for life's difficulties.

**2 Apr - 23 Apr**  
**How to Cope with Painful Feelings**  
Learn practical methods to free our mind from unhappiness.

**7 May - 21 May**  
**Who do you think you are?**  
Understanding self love, self loathing and self care.

**4 Jun - 25 Jun**  
**Dissolving Difficulties with Wisdom**  
How to free ourselves from fear, confusion and all problems.

**2 Jul - 23 Jul**  
**Being Happy Now, not Later**  
Understand how to find peace and joy in every moment.



# Other Classes



**Thursday Morning Classes**

**11am - 12.30pm**

Thursday meditation classes follow the same series as Tuesday evening classes. Classes begin 18th January



**Chill Down Friday 7pm - 9.30pm**

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!

**23rd Feb, 15th Mar, 21st Jun**



**Denby Dale Classes**

**Tuesdays 7.30pm-9pm**  
**@ Denby Dale Community Library**

Classes taught by Jim Sheridan. Please see website for dates and booking

# Half-Day Courses

**10am - 1.15pm**

Learn practical ways to solve daily problems.

Suitable for all levels, from beginners to those with some experience.

**10 Feb**  
**Energise your Mind with Meditation**  
How to lift yourself out of winter blues

**9 Mar**  
**How to Live your Best Life**  
Realising our potential and purpose

**13 Apr**  
**What to do when things go wrong**  
Learn inspiring solutions for difficult situations

**8 Jun**  
**Developing Authentic Self Confidence**  
How to identify ourselves correctly

**13 Jul**  
**Harnessing the Power of Intention**  
How to create happiness and not suffering



# Retreats

**...a chance to deepen our experience of inner peace in meditation**

**Deeper Mindfulness**

**18th - 21st January**

**with Guest Teacher Kadam Mike Garside**

How to free ourselves from painful perspectives in relation to our feelings, body, mind and other phenomena.

**Purifying the Past for a Pure Future**

**26th - 28th January**

How to purify our mind of negativities and obstacles by relying upon Vajrasattva, the Buddha of Purification.

**Refuge Retreat on the Liberating Prayer**

**18th - 19th May**

Finding inner peace and protection by connecting to Buddha through the meaning of the words in Liberating Prayer.

