

# Weekly Classes

Tuesdays 7.30pm - 9pm

Thursdays 11am - 12.30pm

Learn how to solve your daily problems with meditation, developing peaceful and positive minds. Suitable for beginners. Thursday classes start 16 Jan and follow the same series as the Tuesday classes.

14 Jan - 4 Feb

## **Be Empowered To Change**

Learn how to meditate, and improve the quality of your mind and life.

18 Feb - 11 Mar

## **How To Find Meaning In Our Lives**

What is the meaning of our lives, and the path to self-improvement?

25 Mar - 8 Apr

## **Making Happiness A Habit**

Learn which minds give us happiness.

22 Apr - 13 May

## **Stopping Painful Feelings With Meditation**

What is wisdom, and how does it free us from all pain?

3 Jun - 24 Jun

## **Powering Up On Positivity**

Train to develop positive minds that give us inner strength.

1 Jul - 22 Jul

## **How To Become Your Best Friend**

Overcome the minds that harm ourselves and others.

# Branch Classes

Vajrapani KMC runs weekly branch classes in Holmfirth, Denby Dale, Slaithwaite and Horbury. Please check our website for further details.

## **Holmfirth**

Tuesday evenings at The Civic with Helen Torrington



## **Denby Dale**

Tuesday evenings at Denby Dale Community Library with Jim Sheridan



## **Slaithwaite**

Wednesday evenings at Slaithwaite Community Centre with Annie Dexter



## **Horbury**

Thursday evenings at Horbury Methodist Church with Andy Torrington



## Our 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.

## Our Resident Teacher

Gen Kelsang Varahi is the resident teacher at the centre and has been a student of Kadampa Buddhism for over 30 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.



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Meditation Centre**

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registered charity 1046562

# Meditate in Huddersfield



Meditation & Modern Buddhism  
For Everyone

**January - July 2025**



Vajrapani  
Kadampa Meditation Centre

# Half-Day Courses

Special New Year Event  
**The Power of Peace**  
 1st Jan 2.30pm - 5.30pm



Setting goals to make 2025 the year of positive change, including special Prayers for World Peace.

**Saturdays 10am - 1.15pm**

**8 Mar**  
**Overcoming Anxiety**  
 Learn methods to control unhappy minds.

**5 April**  
**Building Authentic Self-Confidence**  
 See beyond our limitations and faults

**10 May**  
**Change Your Mind, Change Your World**  
 How understanding karma helps us take control of our life.

**7 Jun**  
**Dealing With Difficult People**  
 Learn essential tools for survival

**12 Jul**  
**Learning To Let Go**  
 How to forgive and find peace and joy



Special Day Course  
**Fearless Into The Future**  
 with guest teacher  
**Gen Kelsang Sherab**  
**Sat 22 Feb**  
**10am - 4.30pm**

In our world of uncertainty and difficulties, we can feel helpless and overwhelmed. In this day course we will learn simple but profound methods to find the strength and fearlessness of mind to transform all challenges into a positive experience.

*Gen Sherab is the Resident Teacher of Glasgow KMC, with great skill and many years of experience, presenting the teachings in a powerful and heartfelt manner.*

**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.

**Fri 14 Mar**  
 7pm - 9.30pm

**Meditation & Afternoon Tea**

An elegant afternoon out, enjoying the inner peace of meditation, before a selection of home-made sandwiches, cakes and scones.

**Sun 16 Feb / Sun 27 Apr / Sun 15 Jun**  
 3pm - 5pm

Special Malaga Retreat  
**How To Create Pure Peace**  
**Wed 19 - Sun 23 Mar**

Enjoy a special spiritual holiday, enjoying the peace of the clarity and emptiness of our mind. Held in the beautiful, blessed environment of the Málaga temple for world peace in Spain.

**New Year Retreat**  
**Our Own Journey Of Self-Improvement**

Meditations that change the quality and capacity of our mind, the stages of the path to enlightenment.

Special Event  
**Empowerment of White Tara**  
**Sat 12 April 11am - 5pm**

White Tara is a female enlightened being who has swift and great power to remove our obstacles and grant transformative blessings to increase our good fortune and qualities.

By receiving her empowerment, which is a special guided meditation, we will come under her loving care and guidance, and experience her inspiring blessings on our body, speech and mind. This empowerment will be granted by Gen Kelsang Varahi.

**Everyone Welcome**