

DECEMBER 2009

CHENREZIG INSTITUTE – 33 Johnsons Road EUDLO QLD 4554 PH: 07 5453 2108
 Email: info@chenrezig.com.au or visit us on the web at: www.chenrezig.com.au

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>○ = Full Moon ● = New Moon</p>	1	2 4:00am Precepts ^o (at home) No general programme	3 No general programme	4 Taste of Tibetan Buddhism 1:30pm - 2:45pm	5 Keeping Your Cool at Christmas with Ven Tsepal 9:00am - 4:30pm	6 Chenrezig Summer Celebration OPEN DAY See newsletter for details
7	8	9 General Teaching with Geshe Jamyang 10:30am - 12:00pm Meditation/Discussion 6:30pm - 7:30pm	10 Guided Meditation 1:15pm - 1:45pm General Teaching with Geshe Jamyang 7:00pm - 8:30pm Feng Shui @Maroochy 7:00pm—8.30pm	11 Lama Tsong Khapa Day 9:00am Golden Light Sutra Recitation 9am 1:00pm Puja setup (extensive offerings) 6pm Guru Puja	12 Feng Shui for Personal Success With Jampa Ludrup Commences 9:00am	13 Feng Shui for Personal Success With Jampa Ludrup Concludes 4:30pm
14	15	16 4:00am Precepts ^o General Teaching with Geshe Jamyang 10:30am - 12:00pm Meditation/Discussion 6:30pm - 7:30pm	17 Guided Meditation 1:15pm - 1:45pm General Teaching with Geshe Jamyang 7:00pm - 8:30pm	18 Taste of Tibetan Buddhism 1:30pm - 2:45pm	19 Meditation for Beginners with Ven Lhagsam 9:00am - 4:30pm	20 Buddhism in a Nutshell with Ven Lhagsam 9:00am - 4:30pm
21	22	23 General Teaching with Geshe Jamyang 10:30am - 12:00pm Meditation/Discussion 6:30pm - 7:30pm	24 Guided Meditation 1:15pm - 1:45pm 6pm Tara Puja	25 Xmas on the Beach with Geshe Jamyang (See email update for details closer to Xmas)	26 Tara Retreat with Mariangela Vecchi Commences 5:30pm 6pm Guru Puja	27 Tara Retreat Continues
28 Tara Retreat Continues	29 Tara Retreat Continues	30 Tara Retreat Continues	31 Tara Retreat Concludes 9am 6pm Medicine Buddha Puja			

JANUARY 2010

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MONDAY	TUESDAY	WEDNESDA	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>○ = Full Moon ● = New Moon</p>				1	2 Kopan Down Under Commences 9:00am	3 Kopan Down Under Continues
4 Kopan Down Under Continues	5 Kopan Down Under Continues	6 Kopan Down Under Continues	7 Kopan Down Under Continues	8 Kopan Down Under Continues	9 Kopan Down Under Continues 6pm Guru Puja	10 Kopan Down Under Continues
11 Kopan Down Under Continues	12 Kopan Down Under Continues	13 Kopan Down Under Continues	14 Kopan Down Under Continues	15 4:15am Precepts [●] Kopan Down Under Concludes 5:30pm	16	17
18	19	20 General Teaching with Geshe Jamyang 10:30am - 12:00pm Meditation/Discussion 6:30pm - 7:30pm	21 Guided Meditation 1:15pm - 1:45pm General Teaching with Geshe Jamyang 7:00pm - 8:30pm	22 Taste of Tibetan Buddhism 1:30pm - 2:45pm	23 Sand Mandala Workshop with Tashi Lhunpo monks Commences 9:00am 6pm Tara Puja	24 Sand Mandala Workshop Continues
25 Sand Mandala Workshop Concludes 4:30pm 6pm Guru Puja	26 Australia Day BBQ 12:00pm till 2:00pm	27 General Teaching with Geshe Jamyang 10:30am - 12:00pm Meditation/Discussion 6:30pm - 7:30pm	28 Guided Meditation 1:15pm - 1:45pm General Teaching with Geshe Jamyang 7:00pm - 8:30pm	29 Taste of Tibetan Buddhism 1:30pm - 2:45pm	30 4:30am Precepts [○] Everyday Mindfulness With NeLi Martin Commences 9:00am 6pm Medicine Buddha Puja	31 Everyday Mindfulness With NeLi Martin Concludes 4:30pm

FEBRUARY 2010

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3 General Teaching with Geshe Jamyang 10:30am - 12:00pm Meditation/Discussion 6:30pm - 7:30pm	4 Guided Meditation 1:15pm - 1:45pm General Teaching with Geshe Jamyang 7:00pm - 8:30pm	5 Taste of Tibetan Buddhism 1:30pm - 2:45pm	6 Live Well, Die Well with Ani Rigsal 9:00am - 4:30pm	7 First Sundays 10:30am Public Talk 10:30am Dharma Club 6pm Dzambhala Puja
8 6pm Guru Puja	9	10 General Teaching with Geshe Jamyang 10:30am - 12:00pm Meditation/Discussion 6:30pm - 7:30pm	11 Guided Meditation 1:15pm - 1:45pm General Teaching with Geshe Jamyang 7:00pm - 8:30pm	12 Taste of Tibetan Buddhism 1:30pm - 2:45pm	13 4:30am Precepts • (at home) DB Mind and Its Potential with Ven Tsepal Commences 9:00am	14 4:30am Precepts Losar - Lama Yeshe Day DB Mind and Its Potential Concludes 3:30pm 6pm Shakyamuni Buddha Puja 7.30pm DVDs in library
15	16	17 General Teaching with Geshe Jamyang 10:30am - 12:00pm Meditation/Discussion 6:30pm - 7:30pm	18 Guided Meditation 1:15pm - 1:45pm General Teaching with Geshe Jamyang 7:00pm - 8:30pm	19 Taste of Tibetan Buddhism 1:30pm - 2:45pm	20 Geshe Tashi Tsering Teaching at Langri Tangpa Centre	21 Geshe Tashi Tsering Teaching at Langri Tangpa Centre
22 6pm Tara Puja	23	24 General Teaching with Geshe Jamyang 10:30 am-12:00 pm 5pm Guru Puja Introduction to Tantra Geshe Tashi Tsering 7:00pm - 8:30pm	25 Introduction to Tantra Geshe Tashi Tsering 1:30pm - 3:00pm General Teaching with Geshe Jamyang 7:00pm - 8:30pm	26 Taste of Tibetan Buddhism 1:30pm - 2:45pm	27 Great Chenrezig Initiation with Geshe Tashi Tsering From 2:00pm	28 4:45am Precepts ○ Day of Miracles Great Chenrezig Initiation with Geshe Tashi Tsering From 2:00pm 6pm Medicine Buddha Puja