

# MARCH 2010

CHENREZIG INSTITUTE – 33 Johnsons Road EUDLO QLD 4554 PH: 07 5453 2108  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2 <b>BSP commences</b>	3 General Teaching with Geshe Jamyang <b>10:30am - 12:00pm</b>  Meditation/Discussion <b>6:30pm - 7:30pm</b>	4 Guided Meditation <b>1:15pm - 1:45pm</b> General Teaching with Geshe Jamyang <b>7:00pm - 8:30pm</b>	5  Taste of Tibetan Buddhism <b>1:30pm - 2:45pm</b>	6  Practicing Posture: with Jane Shamrock <b>9:00am - 4:30pm</b>	7 <b>Autumn Celebration OPEN DAY</b> See newsletter for details  <b>6pm Dzambhala Puja</b>
8	9 <b>BSP continues</b>	10 General Teaching with Geshe Jamyang <b>10:30am - 12:00pm</b>  <b>6pm Guru Puja</b>	11 Guided Meditation <b>1:15pm - 1:45pm</b> General Teaching with Geshe Jamyang <b>7:00pm - 8:30pm</b>	12  Taste of Tibetan Buddhism <b>1:30pm - 2:45pm</b>	13 DBI Mind & Its Potential Practice Day with Ven Tsepal <b>9:00am - 3:30pm</b>	14 Bliss Beyond Suffering with Ven Lhagsam <b>9:00am - 4:30pm</b> DBI Advanced Practice Day <b>9:00am - 3:30pm</b>
15 <b>Precepts 5.15am</b> •	16 <b>BSP continues</b>	17 General Teaching with Geshe Jamyang <b>10:30am - 12:00pm</b>  Meditation/Discussion <b>6:30pm - 7:30pm</b>	18 Guided Meditation <b>1:15pm - 1:45pm</b> General Teaching with Geshe Jamyang <b>7:00pm - 8:30pm</b>	18  Taste of Tibetan Buddhism <b>1:30pm - 2:45pm</b>	20  Three Jewels with Geshe Jamyang <b>Commences 9:00am</b>	21  Three Jewels with Geshe Jamyang <b>Concludes 4.30pm</b> <b>Refuge Ceremony 3.30</b>
22	23 <b>BSP continues</b>	24 General Teaching with Geshe Jamyang <b>10:30am - 12:00pm</b>  Meditation/Discussion <b>6:30pm - 7:30pm</b>  <b>6pm Tara Puja</b>	25 Guided Meditation <b>1:15pm - 1:45pm</b> <b>5pm Guru Puja</b> General Teaching with Geshe Jamyang <b>7:00pm - 8:30pm</b>	26  Taste of Tibetan Buddhism <b>1:30pm - 2:45pm</b> Exploring the Lam-Rim Retreat with TY <b>Commences 7:00pm</b>	27  Exploring the Lam-Rim Retreat with TY <b>Continues</b>	28  Exploring the Lam-Rim Retreat with TY <b>Concludes 4.30pm</b>
29	30 <b>Precepts 5.15am</b> ○	31 General Teaching with Geshe Jamyang <b>10:30am - 12:00pm</b>  Meditation/Discussion <b>6:30pm - 7:30pm</b>				○ = Full Moon ● = New Moon

# APRIL 2010

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>○ = Full Moon ● = New Moon</p>			<p><b>1</b> Guided Meditation <b>1:15pm - 1:45pm</b> General Teaching with Geshe Jamyang <b>7:00pm - 8:30pm</b></p>	<p><b>2 Good Friday</b> Four Close Placements With Geshe Jamyang <b>Commences 9.00am</b></p>	<p><b>3</b> Four Close Placements With Geshe Jamyang <b>Continues</b></p>	<p><b>4 Easter Sunday</b> Four Close Placements With Geshe Jamyang <b>Continues</b>  <b>6pm Dzambhala Puja</b></p>
<p><b>5</b> Four Close Placements With Geshe Jamyang <b>Concludes 4.30pm</b> TY's Meditation Retreat <b>Commences 7:00pm</b></p>	<p><b>6 BSP recommences</b> TY's Meditation Retreat <b>Continues</b></p>	<p><b>7</b> TY's Meditation Retreat <b>Continues</b></p>	<p><b>8</b> TY's Meditation Retreat <b>Continues</b>  <b>6pm Guru Puja</b></p>	<p><b>9</b> TY's Meditation Retreat <b>Continues</b></p>	<p><b>10</b> TY's Meditation Retreat <b>Concludes 9:00am</b> DB2 How to Meditate with Ven Tsepal <b>Commences 9:00am</b></p>	<p><b>11</b> DB2 How to Meditate with Ven Tsepal <b>Concludes 3:30pm</b></p>
<p><b>12</b></p>	<p><b>13 BSP continues</b></p>	<p><b>14 Precepts 5.30am●</b> General Teaching with Geshe Jamyang <b>10:30am - 12:00pm</b>  Meditation/Discussion <b>6:30pm - 7:30pm</b></p>	<p><b>15</b> Guided Meditation <b>1:15pm - 1:45pm</b> General Teaching with Geshe Jamyang <b>7:00pm - 8:30pm</b></p>	<p><b>16</b> Taste of Tibetan Buddhism <b>1:30pm - 2:45pm</b></p>	<p><b>17</b> Overcoming Disturbing Emotions with Miffi Maxmillion <b>Commences 9:00am</b></p>	<p><b>18</b> Overcoming Disturbing Emotions with Miffi Maxmillion <b>Concludes 4.30pm</b></p>
<p><b>19</b></p>	<p><b>20 BSP continues</b></p>	<p><b>21</b> General Teaching with Geshe Jamyang <b>10:30am - 12:00pm</b>  Meditation/Discussion <b>6:30pm - 7:30pm</b></p>	<p><b>22</b> Guided Meditation <b>1:15pm - 1:45pm</b> <b>5pm Tara Puja</b> General Teaching with Geshe Jamyang <b>7:00pm - 8:30pm</b></p>	<p><b>23</b> Taste of Tibetan Buddhism <b>1:30pm - 2:45pm</b> <b>5pm Guru Puja</b> Thubten Chodron talk <b>7pm - 8:30pm</b> <b>In Maroochydore</b></p>	<p><b>24</b> Working with Anger with Bhikshuni Thubten Chodron <b>Commences 9:00am</b></p>	<p><b>25</b> Working with Anger with Bhikshuni Thubten Chodron <b>Concludes 4.30pm</b></p>
<p><b>26</b></p>	<p><b>27 BSP continues</b></p>	<p><b>28 Precepts 5.45am○</b> General Teaching with Geshe Jamyang <b>10:30am - 12:00pm</b>  <b>6pm Medicine Buddha Puja</b></p>	<p><b>29</b> Guided Meditation <b>1:15pm - 1:45pm</b> General Teaching with Geshe Jamyang <b>7:00pm - 8:30pm</b></p>	<p><b>30 BSP concludes</b> Taste of Tibetan Buddhism <b>1:30pm - 2:45pm</b></p>		

# MAY 2010

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
○ = Full Moon ● = New Moon					<b>1</b> Dharma Kit Bag with Miffi Maxmillon <b>9:00am - 5:00pm</b>	<b>2</b> <b>First Sundays</b> <b>10:30am</b> Public Talk <b>10:30am</b> Dharma Club <b>6pm</b> Dzambhala Puja
<b>3</b>	<b>4</b>	<b>5</b> General Teaching with Geshe Jamyang <b>10:30am - 12:00pm</b>  Meditation/Discussion <b>6:30pm - 7:30pm</b>	<b>6</b> Guided Meditation <b>1:15pm - 1:45pm</b>  General Teaching with Geshe Jamyang <b>7:00pm - 8:30pm</b>	<b>7</b> Taste of Tibetan Buddhism <b>1:30pm - 2:45pm</b>	<b>8</b> DB2 How to Meditate Practice Day with Ven Tsepal <b>9:00am - 3:30pm</b>  <b>6pm</b> Guru Puja	<b>9</b> <b>Mothers' Day</b> Mindfulness in Motion With Ven Tsultrim <b>9:00am - 4:30pm</b>  DB2 Advanced Practice Day <b>9:00am - 3:30pm</b>
<b>10</b>	<b>11</b> <b>Nyung Nä</b> <b>Retreat Introduction</b> with Ven. Ailsa <b>7:00pm - 8:30pm</b>	<b>12</b> 1st Nyung Nä	<b>13</b> Precepts 5.45am <sup>●</sup> 1st Nyung Nä	<b>14</b> 2nd Nyung Nä Taste of Tibetan Buddhism <b>1:30pm - 2:45pm</b>	<b>15</b> 2nd Nyung Nä	<b>16</b> 3rd Nyung Nä
<b>17</b> 3rd Nyung Nä	<b>18</b> 4th Nyung Nä	<b>19</b> 4th Nyung Nä	<b>20</b> 5th Nyung Nä <b>BUDDHA DAY</b> 9-12 Golden Light Sutra Recitation 9-3 Stupa making	<b>21</b> 5th Nyung Nä Taste of Tibetan Buddhism <b>1:30pm - 2:45pm</b> <b>6pm</b> Tara Puja (in Community Room)	<b>22</b> 6th Nyung Nä	<b>23</b> 6th Nyung Nä  <b>6pm</b> Guru Puja
<b>24</b> 7th Nyung Nä	<b>25</b> 7th Nyung Nä	<b>26</b> 8th Nyung Nä	<b>27</b> Precepts 6.00am <sup>○</sup> 8th Nyung Nä <b>SAKA DAWA</b> See newsletter for detailed activities  <b>6pm</b> Medicine Buddha Puja (in Community Room)	<b>28</b> <b>Nyung Nä Retreat</b> <b>Concludes</b> Taste of Tibetan Buddhism <b>1:30pm - 2:45pm</b>	<b>29</b> Karma and Modern Life with Renate Ogilvie <b>Commences 9am</b>	<b>30</b> Karma and Modern Life with Renate Ogilvie <b>Concludes 4.30pm</b>