

JUNE 2009

CHENREZIG INSTITUTE – 33 Johnsons Road EUDLO QLD 4554 PH: 07 5453 2108
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 5th Nyung Nä Retreat	2 6th Nyung Nä Retreat 6.00pm Guru Puja (in Community room)	3 6th Nyung Nä Retreat	4 7th Nyung Nä Retreat	5 7th Nyung Nä Retreat	6 8th Nyung Nä Retreat	7 5.30am Precepts 8th Nyung Nä SAKA DAWA See newsletter for detailed activities
8 Nyung Nä Completes Big Breakfast	9	10 The Nuts & Bolts of Karma with Ven. Tsepal 10:30am - 12:00pm Guided Meditation with Ven. Sönam 6.30 - 7.45pm	11 Guided Meditation 1:15pm - 1:45pm General Teaching Mind & Cognition (Lorig) with Alan Carter 7:00pm - 8:30pm	12 Buddhism in a Nutshell (1 of 5) 1:15pm - 2:30pm	13 Discovering Buddhism Transforming Problems Practice Day with Ven. Tsepal 9.00am - 3.30pm	14 What Buddhists Believe An Overview for the Curious With Ven. Sönam 9.00am - 4.30pm
15	16	17 The Nuts & Bolts of Karma with Ven. Tsepal 10:30am - 12:00pm Guided Meditation with Ven. Sönam 6.30 - 7.45pm	18 Guided Meditation 1:15pm - 1:45pm 5.00pm Guru Puja General Teaching Mind & Cognition (Lorig) with Alan Carter 7:00pm - 8:30pm	19 Buddhism in a Nutshell (2 of 5) 1:15pm - 2:30pm	20 Calming the Mind with Jampa Ignyen Commences 9.00am	21 Calming the Mind with Jampa Ignyen Concludes 4.30pm
22 5.30am Precepts●	23	24 The Nuts & Bolts of Karma with Ven. Tsepal 10:30am - 12:00pm Guided Meditation with Ven. Sönam 6.30 - 7.45pm	25 Guided Meditation 1:15pm - 1:45pm General Teaching Mind & Cognition (Lorig) with Alan Carter 7:00pm - 8:30pm	26 Buddhism in a Nutshell (3 of 5) 1:15pm - 2:30pm	27 Buddha Nature with Jampa Ignyen Commences 9.00am	28 Buddha Nature with Jampa Ignyen Concludes 4.30pm
29	30 BSP Resumes 6.00pm Tara Puja					○ = Full Moon ● = New Moon

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2nd edition

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>○ = Full Moon ● = New Moon</p>		<p>1</p> <p>General Teaching with Geshe Jamyang 10:30am - 12:00pm</p> <p>Guided Lam Rim Meditation 6.30 - 7.30pm</p>	<p>2</p> <p>Guided Meditation 1:15pm - 1:45pm</p> <p>5.00pm Guru Puja</p> <p>General Teaching with Geshe Jamyang 7:00pm - 8:30pm</p>	<p>3</p> <p>Buddhism in a Nutshell (4 of 5) 1:15pm - 2:30pm</p>	<p>4</p> <p>Yes, You Can Meditate! with Ven. Sönam 9.00am - 4.30pm</p>	<p>5</p> <p>WINTER FESTIVAL OPEN DAY 9.00am - 4.30pm</p> <p>See newsletter for detailed activities</p>
<p>6</p> <p>His Holiness the 14th Dalai Lama's Birthday</p>	<p>7 5.30am Precepts○</p> <p>BSP Continues</p> <p>6pm Medicine Buddha Puja</p>	<p>8</p> <p>General Teaching with Geshe Jamyang 10:30am - 12:00pm</p> <p>Guided Lam Rim Meditation 6.30 - 7.30pm</p>	<p>9</p> <p>Guided Meditation 1:15pm - 1:45pm</p> <p>General Teaching with Geshe Jamyang 7:00pm - 8:30pm</p>	<p>10</p> <p>Buddhism in a Nutshell (5 of 5) 1:15pm - 2:30pm</p>	<p>11</p> <p>Discovering Buddhism Wisdom of Emptiness with Ven. Tsepal Commences 9.00am</p>	<p>12</p> <p>Discovering Buddhism Wisdom of Emptiness with Ven. Tsepal Concludes 3.30pm</p>
<p>13</p>	<p>14</p> <p>BSP Continues</p>	<p>15</p> <p>General Teaching with Geshe Jamyang 10:30am - 12:00pm</p> <p>Guided Lam Rim Meditation 6.30 - 7.30pm</p>	<p>16</p> <p>Guided Meditation 1:15pm - 1:45pm</p> <p>General Teaching with Geshe Jamyang 7:00pm - 8:30pm</p>	<p>17</p> <p>A Taste of Tibetan Buddhism 1:30pm - 2:45pm</p> <p>6.00pm Guru Puja</p>	<p>18</p> <p>16 Guidelines for a Happy Life with Ven. Chönyi Commences 9.00am</p>	<p>19</p> <p>16 Guidelines for a Happy Life with Ven. Chönyi Concludes 4.30pm</p>
<p>20</p>	<p>21</p> <p>BSP Continues</p> <p>Public Talk with Ven. Chonyi 6:00pm - 7:30pm</p> <p>Maroochydore</p>	<p>22 5.30am Precepts●</p> <p>General Teaching with Geshe Jamyang 10:30am - 12:00pm</p> <p>Guided Lam Rim Meditation 6.30 - 7.30pm</p>	<p>23</p> <p>Guided Meditation 1:15pm - 1:45pm</p> <p>General Teaching with Geshe Jamyang 7:00pm - 8:30pm</p>	<p>24</p> <p>A Taste of Tibetan Buddhism 1:30pm - 2:45pm</p>	<p>25 5.30am Precepts</p> <p>WHEEL-TURNING & IMI SANGHA DAY</p> <p>Bodhisattva Vow See newsletter for details of weekend's activities</p>	<p>26</p> <p>Generating Bodhicitta with Geshe Tashi Tsering and Ven. Tsepal Concludes 4.00 pm</p>
<p>27</p>	<p>28</p> <p>BSP Continues</p>	<p>29</p> <p>General Teaching with Geshe Jamyang 10:30am - 12:00pm</p> <p>6.00pm Tara Puja</p>	<p>30</p> <p>Guided Meditation 1:15pm - 1:45pm</p> <p>General Teaching with Geshe Jamyang 7:00pm - 8:30pm</p>	<p>31</p> <p>A Taste of Tibetan Buddhism 1:30pm - 2:45pm</p> <p>6.00pm Guru Puja</p>		

AUGUST 2009

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	○ = Full Moon ● = New Moon				1 Free Your Back An Introduction to the Feldenkrais Method with Jane Shamrock 9.00am - 12.00pm COMMUNITY ROOM	2 Kids Dharma Club 10.30 - 12.00pm Public Talk With Geshe Jamyang 10.30 - 12.00pm
3	4 BSP Continues	5 5.30am Precepts○ General Teaching with Geshe Jamyang 10:30am - 12:00pm 6.00pm Medicine Buddha puja	6 Guided Meditation 1:15pm - 1:45pm General Teaching with Geshe Jamyang 7:00pm - 8:30pm	7 A Taste of Tibetan Buddhism 1:30pm - 2:45pm	8 Discovering Buddhism Wisdom of Emptiness Practice Day with Ven. Tsepal 9.00am - 3.30pm	9 Making Your Life Meaningful—Setting Up a Daily Practice with Ven. Sönam 9.00am - 4.30pm
10	11 BSP Continues	12 General Teaching with Geshe Jamyang 10:30am - 12:00pm Guided Lam Rim Meditation 6.30 - 7.30pm	13 Guided Meditation 1:15pm - 1:45pm General Teaching with Geshe Jamyang 7:00pm - 8:30pm	14 A Taste of Tibetan Buddhism 1:30pm - 2:45pm	15 Refuge in the Three Jew- els with Geshe Jamyang Commences 9.00am 6.00pm Guru Puja	16 Refuge in the Three Jewels with Geshe Jamyang Concludes 4.30pm (refuge ceremony at approx 3.30pm)
17	18 BSP Continues	19 General Teaching with Geshe Jamyang 10:30am - 12:00pm Guided Lam Rim Meditation 6.30 - 7.30pm	20 5.15am Precepts● Guided Meditation 1:15pm - 1:45pm General Teaching with Geshe Jamyang 7:00pm - 8:30pm	21 A Taste of Tibetan Buddhism 1:30pm - 2:45pm BSP concludes	22 Overcoming Disturbing Emotions with Miffi Maximillion Commences 8.00am	23 Overcoming Disturbing Emotions with Miffi Maximillion Concludes 6.00pm
24	25	26 General Teaching with Geshe Jamyang 10:30am - 12:00pm Guided Lam Rim Meditation 6.30 - 7.30pm	27 Guided Meditation 1:15pm - 1:45pm General Teaching with Geshe Jamyang 7:00pm - 8:30pm	28 A Taste of Tibetan Buddhism 1:30pm - 2:45pm 6.00pm Tara Puja	29 Golden Light Sutra Recitation 9.00am (Hands on Healing: Reiki with Ven. Tsepal Commences 9.00am in the Community Room	30 <i>COMMUNITY ROOM:</i> <i>Hands on Healing: Reiki</i> with Ven. Tsepal Concludes 4.00pm 6.00pm Guru Puja