

SPECIAL EVENTS

COMMUNITY PICNIC IN PEOPLE'S PARK

Sun 26 Aug 12 noon-3pm Bring a picnic and the whole family for a relaxing day in the park (weather permitting).

PIZZA & MOVIE NIGHT

Sat 22 Sept 5-9pm Watch the inspiring story of Buddha's life. (donation for pizza)

FALL FESTIVAL REVIEW

Sat 20 Oct 10:30am-1:30pm with Kelsang Chogma
Teachings and meditations based on the International Fall Festival in Portugal (followed by a one-day retreat).
£12 (Free for Centre Card holders)

THE BUDDHIST WAY OF LIFE

Sat 3 Nov 10:30am-1:30pm
with Kelsang Chogma



With optional Buddhist Refuge Vow Ceremony

A special opportunity to enter into Buddhism by taking refuge: our promise to rely upon Buddha, Dharma (Buddha's teachings), and Sangha (our spiritual friends) throughout our life. Everybody is welcome.

£15 (Half-price for Centre Card holders)

This course will be followed by a one-day retreat on Sun 4 Nov. Book course & retreat for £20.

SUNDAY BRUNCH



Join us for a relaxing Sunday morning with a guided meditation followed by a delicious, two-course vegetarian brunch.

£12 (£15 for Christmas Special). Advanced booking required.

11am - 1pm on the following Sundays:

Sun 9 Sept / 14 Oct / 18 Nov / 9 Dec (Christmas Special)

Guided meditation 11-11:30am / Brunch 11:30am-1pm

MEDITATION drop-in classes



please check website for dates

Meditation helps us to relax, develop a sense of well-being, and gain a more positive outlook on life. The classes consist of two guided meditations, teaching and time for discussion. No need to book - join us at anytime. Everybody welcome!

(Free for Centre Card holders - see website for details)

CLASSES AT GANDEN CENTRE

Mondays 7-8:30pm £5
with Buddhist teacher Martin Allingham

Wednesdays 7-8:30pm £5
with Buddhist nun Kelsang Chogma

LUNCHTIME MEDITATIONS

Take a break and be guided in a half-hour meditation to relax and feel more positive. Doors open at 12 noon.

Wed & Fri 12:30-1pm £2

CLASSES ELSEWHERE

CALDERDALE ROYAL

Tuesdays 5.45-7pm £3
Learning & Development Centre, Godfrey Rd, Halifax
with Buddhist teacher Phil Elliott

TODMORDEN

Thursdays 7-8:30pm £5
The Fielden Centre, Ewood Ln, OL14 7DD
with Buddhist nun Kelsang Chogma

meditateinhalifax.org info@meditateinhalifax.org

GANDEN KADAMPA BUDDHIST CENTRE

5 North Bridge, Halifax, HX1 1XH

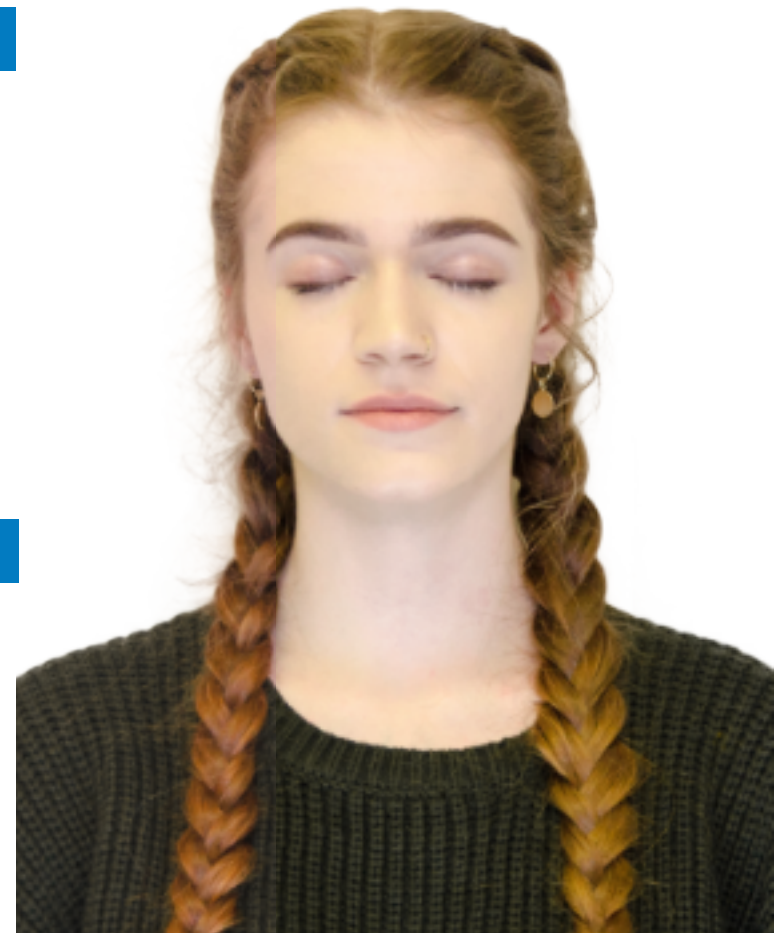
Tel. 01422 353311

Registered Charity no: 1058203

Meditate IN HALIFAX

and the Calder Valley

AUG - DEC 2018



Ganden Kadampa Buddhist Centre
meditateinhalifax.org

EVERYBODY WELCOME!



Welcome to Ganden Kadampa Buddhist Centre, an oasis of peace in the heart of Halifax, West Yorkshire.

We run drop-in classes, courses, retreats and in-depth study programmes for all levels of experience. All courses can be booked online via our website.

The Centre is run by volunteers so if you'd like to help out please get in touch by emailing admin@meditateinhalifax.org

RESIDENT TEACHER



Kelsang Chogma has been practising Kadampa meditation and Modern Buddhism for over twenty years.

She is admired for her enthusiasm about Dharma practice, her faith, and her joy when teaching and talking about Dharma.

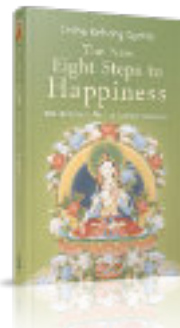
FOUNDATION PROGRAMME

Fridays 7-9pm with Kelsang Chogma

Go deeper with this structured study programme, the ideal next step after attending the drop-in classes.

We're studying the book '*The New Eight Steps to Happiness*' by Venerable Geshe Kelsang Gyatso Rinpoche.

Enrolment and Centre Card required. Contact info@meditateinhalifax.org to arrange a free taster class.



MEDITATION COURSES

These short courses offer practical solutions to everyday problems of modern life, using wisdom derived from the teachings of Buddha. No experience necessary - everyone is welcome! £12 includes refreshments. Free for Centre Card holders.

LEARN TO MEDITATE

Sat 25 Aug 10:30am-1:30pm with Kelsang Chogma
Learn basic techniques for successful meditation.

UNDERSTANDING BUDDHIST RITUALS

Sat 1 Sept 10:30am-1:30pm with Kelsang Chogma
A practical workshop on Buddhist ritual practices.

FINDING YOUR JOY

Sat 8 Sept 10:30am-1:30pm with Kelsang Chogma
Get your spark back! Discover how to feel more joyful in your life and become more motivated.

HEALING YOUR HEART

Sat 29 Sept 10:30am-1:30pm with Kelsang Chogma
Gentle meditations and special ways of thinking to open your heart and overcome feelings of loneliness and grief.

TRANSFORMING PAIN & SICKNESS

Sat 27 Oct 10:30am-1:30pm with Kelsang Chogma
Discover how to keep a peaceful, happy mind when our body has problems, and make our suffering meaningful.

HAPPINESS FROM WITHIN

Sat 10 Nov 10:30am-1:30pm
Find out how we can experience a deep and lasting happiness that doesn't depend on external conditions.

A STRESS-FREE LIFE

Sat 24 Nov 10:30am-1:30pm with Kelsang Chogma
Ditch the stress and learn to live more lightly in this crazy world. Ideal for the run-up to the Christmas holidays!

URBAN RETREATS



Retreats help us to focus on a particular meditation practice so that we gain deep familiarity and heart-felt experience. If you've never attended these retreats before, please contact education@meditateinhalifax.org before booking. £3 per session / £10 per day / £7 per half-day. Free for Centre Card holders.

MANDALA OFFERINGS & GURU YOGA
Sun 2 Sept 10am-5pm with Kelsang Chogma

AMITAYUS RETREAT

Sun 21 Oct 10am-5pm with Kelsang Chogma

REFUGE: THE GATEWAY TO BUDDHISM

Sun 4 Nov 10am-5pm with Kelsang Chogma
Deepen your practice of Buddhist refuge on this retreat following the Refuge Vow Ceremony on Sat 3 Nov.

VAJRASATTVA PURIFICATION RETREAT

Sat 15 & Sun 16 Dec 10am-5pm with Kelsang Chogma



NEW YEAR'S EVE Mon 31 Dec

HAPPY NEW YOU! 7-8pm with Kelsang Chogma
Meditation class & vegetarian buffet £10
A fresh and inspiring new perspective on yourself.

CANDLE-LIT PRAYERS FOR WORLD PEACE
11:30pm-12:15am
A peaceful and positive way to bring in the New Year. No charge - donations welcome.