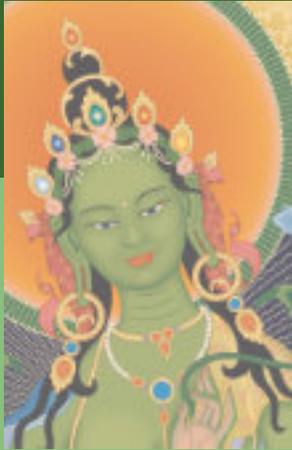


SPECIAL EVENTS



FINDING PEACE IN A CRAZY WORLD!

Sat 9 Feb 11am-5pm
with Kelsang Chogma

Tara is a female Buddha, the beautiful embodiment of fearless, enlightened wisdom. Through receiving her powerful blessings we can swiftly actualize our own potential for fearless wisdom and compassionate action.

The empowerment is a blissful, guided meditation through which we make a deep connection with Tara's enlightened mind and receive inspiration and strength from her.

Cost: £20 incl. buffet lunch (half-price for Gold Card holders)

OVERCOMING STRESS & ANXIETY

with Kadam Bridget Heyes

Wed 13 Mar 7-8pm
AT SQUARE CHAPEL, HALIFAX

Explore meditation methods and ways of thinking that will help us to let go of stress and anxiety and deal with our negative emotions more confidently and effectively.

Kadam Bridget Heyes is an internationally renowned teacher of meditation and Buddhism and the UK National Spiritual Director of the New Kadampa Tradition. We are delighted to welcome her to Halifax!

Tickets are £8 and are available from squarechapel.co.uk



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 Gold 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 GUIDED 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

JAN - JUL 2019



Ganden Kadampa Buddhist Centre
meditateinhalifax.org

EVERYBODY WELCOME!

Ganden Kadampa Buddhist Centre is a member of the New Kadampa Tradition - International Kadampa Buddhist Union which was founded by world renowned Buddhist Master, Venerable Geshe Kelsang Gyatso Rinpoche.

A place of refuge in the heart of Halifax, we offer drop-in classes, courses, retreats and in-depth study programmes for all levels of experience.

The Centre is run by volunteers and every Tuesday we hold a Volunteering Day. If you'd like to join in please get in touch by emailing admin@meditateinhalifax.org



RESIDENT TEACHER



Kelsang Chogma has been practising meditation and Buddhism as a student of Geshe Kelsang Gyatso for over twenty years.

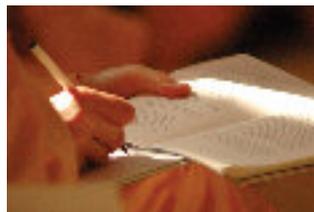
She is admired for her enthusiasm about Dharma practice, her faith, and her joy when teaching and talking about Dharma.

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.

Study the books in a systematic way, page-by-page, to deepen your understanding and experience.



Enrolment and Gold Card required. Contact education@meditateinhalifax.org for more information.

HALF-DAY 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 Gold Card holders) All courses can be booked online or in-person.

THE CONFIDENCE TO CHANGE

Sat 19 Jan 10:30am-1:30pm with Kelsang Chogma
Learn how meditation can help you make positive changes and become the person you want to be.

LEARN TO MEDITATE

Sat 23 Feb 10:30am-1:30pm with Kelsang Chogma
Learn the basics on this beginner's course.

IMPROVING OUR CONCENTRATION

Sat 23 Mar 10:30am-1:30pm with Kelsang Chogma
Discover how to stop distractions and get more focused in and out of meditation by training in mindfulness.

TAKING CONTROL OF OUR KARMA

Sat 6 Apr 10:30am-1:30pm with Kelsang Chogma
Get control of your life and create the future you want by harnessing the law of cause and effect, or karma.

DITCHING FRUSTRATION & ANGER

Sat 4 May 10:30am-1:30pm with Kelsang Chogma
Improve your patience with special meditations and ways of thinking that help us keep our cool in tricky situations.

A CLEAR & PEACEFUL MIND

Sat 18 May 10:30am-1:30pm
Simple meditations to quieten your busy mind and experience deep inner peace and happiness.

LIVING WITH WISDOM

Sat 22 Jun 10:30am-1:30pm with Kelsang Chogma
Discover the wisdom of emptiness and learn to enjoy your life with a light and flexible mind.

BEING KIND TO YOURSELF

Sat 6 Jul 10:30am-1:30pm
Give yourself a break and really relax your mind and body with these easy-to-learn breathing meditations.

GROUP RETREATS



These group retreats help us to focus on a particular practice and deepen our experience. Please contact education@meditateinhalifax.org for information or to book. £3 per session / £7 per day. Free for Gold Card holders.

AMITAYUS RETREAT

Sat 26 & Sun 27 Jan 10:30am-4pm

NYUNGNAY PURIFYING RITUAL PRACTICE

Sat 13 & Sun 14 Apr 6:30am-4pm

LAMRIM RETREAT

Sat 8 & Sun 9 Jun 10:30am-4pm

SUNDAY OUT



Join us for a relaxing Sunday with a guided meditation followed by a delicious, two-course vegetarian lunch. £12 (20% off for Gold Card holders) Advanced booking required.

12 noon - 2pm on the following Sundays:

Sun 24 Feb / 24 Mar / 5 May / 16 Jun / 7 Jul

Guided meditation 12noon-12:30pm / Lunch 12:30-2pm