

WORLD PEACE COMMUNITY CAFE



SATURDAYS
10.30am – 1.30pm



GLUTEN FREE & PLANT BASED OPTIONS AVAILABLE

PLEASE BE AWARE WE CANNOT GUARANTEE A COMPLETELY GLUTEN-FREE AND NUT-FREE ENVIRONMENT

FREE GUIDED MEDITATIONS 12 – 12.15PM

GIFT & BOOK SHOP **EVERYONE WELCOME**

- Wheelchair Accessible Cafe
- Baby change
- Dogs welcome



GO DEEPER INTO YOUR SPIRITUAL PRACTICE

Foundation Study Programme
Universal Compassion



with Gen Kelsang Tumo

Tuesdays 7 – 9pm

An opportunity to study in a structured and systematic way alongside other students. Email for more details - address overleaf.



Advanced General Programme

THE COMPLETE MEDITATION TOOLKIT

Starts
Wed 21 Oct



with Gen Kelsang Tumo
Wednesdays 7 – 8.15pm

An opportunity to engage in a systematic structure of meditations for both temporary and ultimate happiness.



ABOUT US

OUR TEACHERS



Venerable Geshe Kelsang Gyatso Rinpoche is the founder of this tradition of Buddhism, called the New Kadampa Tradition. He has established over 1200 Centres and groups around the world and trained hundreds of qualified teachers. He emphasises how everyone can practice Modern Buddhism and make their daily life truly meaningful and happy.



Gen-la Kelsang Jampa is the General Spiritual Director of the New Kadampa Tradition. He has been a student of Venerable Geshe Kelsang Gyatso for many years and under Geshe-la's guidance has taught at many Centres and events around the world. Gen-la is well-loved for his clear and inspiring teachings and his ability to touch people's hearts through his sincerity and loving-kindness.



Gen Kelsang Tumo has been studying and teaching under the guidance of Geshe Kelsang Gyatso for over twenty years. She is the Resident Teacher of Ganden Kadampa Buddhist Centre Halifax and is loved for her kindness and joyful approach and her sincere example.

CENTRE OPENING TIMES

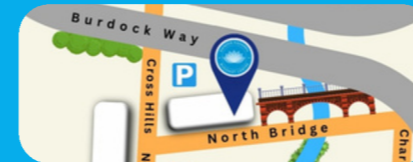
Please see timetable inside leaflet for details.

HOW TO FIND US

Ganden KBC Halifax is conveniently situated in Halifax town Centre right next to North Bridge, in front of Dean Clough (D Mill).

It is about 2 minutes walk from Halifax Bus station and about 15 minutes walk from Halifax Rail Station. There is parking on surrounding streets which is free in the evenings and on Sundays.

There are also a number of affordable car parks nearby.



BECOME A VOLUNTEER

We are a registered charity and always need volunteers. To get involved please contact us by phone or email, or enquire at the Centre.



GANDEN KADAMPA BUDDHIST CENTRE HALIFAX
5 NORTH BRIDGE
HALIFAX, HX1 1XH
01422 355026

Email: education@meditateinhalifax.org
Social Media Handle: @ganden_centre
meditateinhalifax.org



GANDEN KADAMPA BUDDHIST CENTRE
meditateinhalifax.org

WHATS ON MEDITATION CLASSES & EVENTS AUG 2026 – JAN 2027



HALIFAX WEEKLY MEDITATION CLASSES

Ganden Kadampa Buddhist Centre Halifax is a centre for meditation and Modern Buddhism. The centre is open to everybody, regardless of beliefs or background. Classes provide an opportunity to discover your inner peace and learn how to stay calm in everyday life.

With Resident Teacher, Buddhist nun Gen Kelsang Tumo and other Kadampa Teachers.



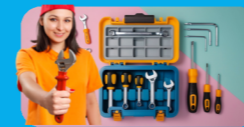
WEEKEND EVENTS

Suitable for everyone, these events include practical advice, uplifting guided meditations and time for discussion and questions.

ALL FEES INCLUDE REFRESHMENTS OR LUNCH | FREE FOR MEMBERS



with Resident Teacher Gen Kelsang Tumo and other Kadampa teachers.



Meditation Toolkit ~ The nuts and bolts of meditation
Saturday 22nd August - 2pm - 4pm | £15

Begin or refresh your daily meditation practice, so that you can overcome stress and anxiety in daily life.



Japanese Meal with Meditation
Saturday 12th September - 7pm - 9.30pm | £20

Guided meditation followed by a three course vegi / vegan meal. A nourishing, relaxing evening.



The Power of Prayer ~ Commentary to The Liberating Prayer
Sunday 20th September - 10.30pm - 3.30pm | £20

Learn the power and profundity of this precious prayer and how we can use it in daily life to inspire and transform us.



Digital Detox - Finding peace in a digital age
Saturday 26th September - 2pm - 4pm | £15

Learn how to find peace whilst living in the modern world. Experience the benefits of tech-free time.



How to Sleep Well - A Buddhist Perspective
Saturday 24th October - 2pm - 4pm | £15

Discover the importance of restful, peaceful sleep, how to sleep well, the significance of dreams and how to wake up!



Heart Jewel - Day Retreat ~ Awaken your Inner Wisdom
Sunday 8th November - 10.30am - 3.30pm | £20

Empower your good qualities by connecting with this practice that increases clarity and wisdom.



Pie & Peace - Meditation and Meal Evening
Saturday 21st November - 7pm - 9.30pm | £20

Guided meditation followed by a three course vegi / vegan meal. A nourishing, relaxing evening.

WEEKEND EVENTS CONTINUED



JUST BREATHE - Meditation Workshop
Saturday 12th December - 2pm - 4pm | £15

Breathe out your stress and tension and begin the festive season with inner peace and joy!



Ganden Centre Christmas Party
Saturday 19th December - 2pm - 4pm - FREE EVENT

Guided meditation & practical advice for the festive season followed by bring & share buffet. A nourishing, joyful evening.



New Year's Eve Event - Prayers for World Peace & Meal
Thursday 31st December - 8pm - 12.30pm | £25

Guided meditation and a practical teaching followed by a 3 course vegi / vegan meal. A meaningful start to the year.



Quick Path - Advanced Weekend Retreat - £10 per day
Saturday 9th - Sun 10th Jan - 8.30 am - 4.30pm

Guided meditations on the profound and quick path of Vajrayogini. Suitable for Highest Yoga Tantra Practitioners only.



Refresh and Restart - Meditation Day Retreat
Sunday 17th January - 10.30am - 3.30pm | £20

Guided meditations to start the New Year with positivity. Learn habits that reduce stress & lead to pure happiness.

BECOME A MEMBER

KBC HALIFAX MONTHLY MEMBERSHIP | £25



WEEKLY CLASSES, WEEKEND COURSES AND RETREATS ARE FREE FOR MEMBERS

(excluding Empowerments and special events)

BECOME A MEMBER

LOCAL WEEKLY CLASSES NEARBY

Each class begins with a simple guided meditation to reduce stress & calm the mind, followed by a talk on how to incorporate meditation & mindfulness in daily life. **£5 per class / Course discounts available. Book online/ at the class.**



26 Jun - 17 Jul | 28 Aug - 2 Oct | 23 Oct - 18 Dec
HEBDEN BRIDGE Town Hall, Fridays 12 - 12.45pm



COMING SOON Classes in North Manchester