

Lam Rim Buddhist Centre

Pentwyn Manor, Penrhos, Raglan,
Monmouthshire NP15 2LE Tel: 01600 780383



Course Programme: September to December 2018

- * Saturday 15th September; 2.00pm – 4.30pm Suggested Donation £5
Introduction to Buddhism – Facilitated by Janet Ford, with Ben Griffin.

- * Saturday 22nd September; 10:00am - 4:30pm £30 includes lunch
Developing Loving Kindness – Led by Dr Dechen Rochard

- * Sunday 30th September; 11:00pm - 6:00pm **Free**
Indian Summer Day at Lam Rim - All Welcome

- * Saturday 6th October; 10:00am - 4:30pm Donation only, (suggested £25) 'Bring and Share Lunch' with other refreshments provided.
The Eight Verses of Thought Transformation: Practical Heart Training, led by Dan Buys

- * Sunday 7th October; 1:00pm - 6:00pm £40 Refreshments included.
Coping with Stress through Chi Gung – Delivered by 'Eagle in the Nest' Chi Gung founder, Sifu Yeshe Gyatso

- * Saturday 13th October; 10:00am - 4:30pm £30 includes lunch
Turning Weapons into Flowers – Led by Ben Griffin

- * Saturday 20th October; 10:00am - 4:30pm £45 includes lunch
Teaching and Meditation – With Choje Lama Rabsang

- * Sunday 21st October; 10:00am - 4:30pm £30 includes lunch
Yogic Song - Meditation using the power of the Voice – Led by Shé-zér Khandro

- * Saturday 27th October; 10:00am - 4:30pm £30 includes lunch
Relax with Reflexology – Led by Gill Vaisey

- * Saturday 10th November; 10:00am - 4:30pm £30 includes lunch
A Sense of Place - a mindful journey through creative writing – Led by Paula Webber and Kay Smith

- * Saturday/Sunday 1st-2nd December Cost TBA
Coming to our senses – Coordinated by John Allman

- * Saturday 15th December; 10:00am - 4:30pm £30 includes lunch
Beyond the mirror – Led by Ben Griffin

Bookings: email wales@lamrim.org.uk or telephone the Centre.
Full details www.lamrim.org.uk