

April

CHENREZIG INSTITUTE

A Centre for Buddhist Study, Meditation & Retreat

2018

Retreats

Meditation

Study Programs

Buddhist Teachings

Wellbeing Programs

Traditional Arts & Rituals

Community & Social Events



CHENREZIG INSTITUTE

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Chenrezig Institute is affiliated with the FPMT

The Foundation for the Preservation of the Mahayana Tradition
is a worldwide organisation of over 150 centres founded by
Lama Yeshe and Lama Zopa Rinpoche

Wel come

Thank you for visiting Chenrezig Institute and welcome to our property. You'll notice our property is a hive of activity this month as preparations continue for the visit of Lama Zopa Rinpoche. You'll find more information about his events in this program and booking arrangements will be announced via our website as they come to hand.

If you haven't met Rinpoche before this is a wonderful opportunity. Until then, April is a fantastic month of Dharma and we look forward to seeing you on the hill for another month of retreats, meditation, teachings and community events.

Meet our Sangha

Chenrezig Institute is home to our resident teacher Geshe Phuntsok Tsultrim and a community of ordained monks and nuns: the sangha. These spiritual friends have made the lifelong commitment hold the vows given by the Buddha. They generously help us all to understand the Buddha's profound teachings.

You can make an appointment with one of our sangha through reception.
info@chenrezig.com.au



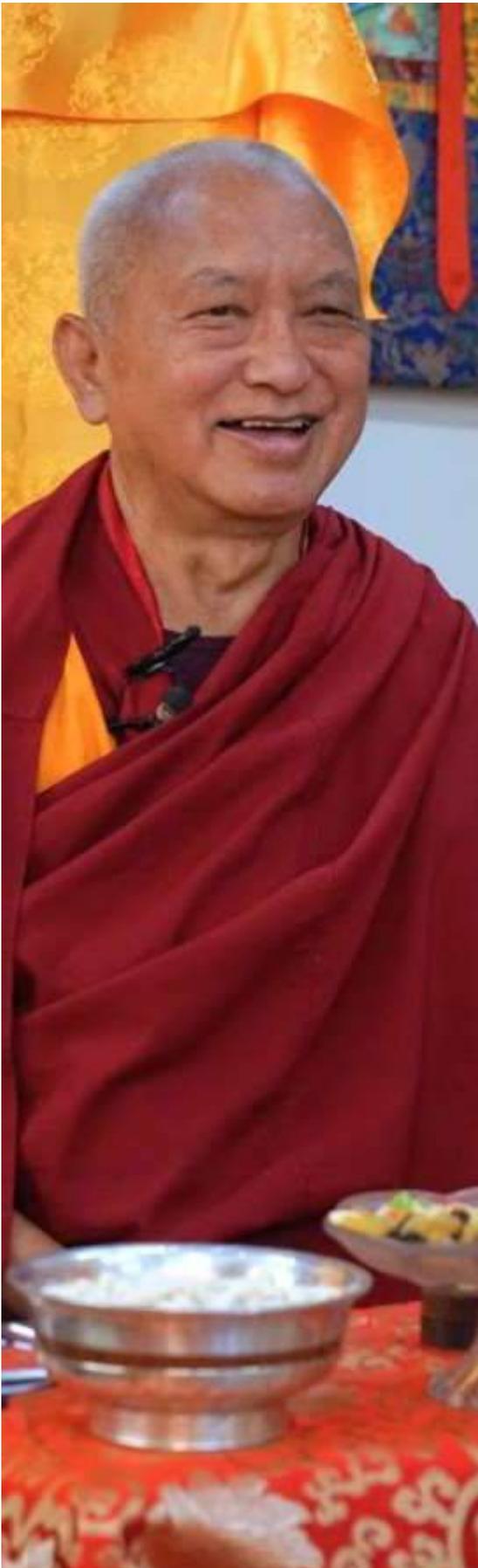
Geshe Phuntsok Tsultrim (left) was specially chosen as our resident teacher by our Spiritual Director Lama Zopa Rinpoche

Gubbi Gubbi

The Gubbi Gubbi people are the traditional custodians of this land. We pay our respects to the Elders of the past, present and future. They hold the memories, the traditions, the culture and hopes for Aboriginal Australia. We remember that this land is, was and always will be traditional Aboriginal land.

Thank you for your support
Chenrezig Institute exists due to the kindness and generosity of our community. The Dharma itself is priceless, but running a Dharma centre involves many expenses, even with mostly volunteers. Facility Fees allow us to make offerings to our teachers and staff, pay the bills and maintain our infrastructure. But they should not be a barrier for anyone. Please contact spc@chenrezig.com.au if you need to make arrangements to attend our courses.

The Wheel of Sharp Weapons



Kyabje Lama Zopa Rinpoche June 2nd 2018

Chenrezig Institute invites everyone to hear teachings from renowned spiritual master Lama Zopa Rinpoche on this essential teaching on the nature of karma.

'Wheel of Sharp Weapons' written by Dhamaraksita is a detailed source for how the laws of karma play out in our lives. It reveals the interactions of cause and effect.

A poetic presentation, the "wheel of sharp weapons" is visualized something like a boomerang. The negative karma we propel outward into the world returns to us with cutting affect. Our suffering experience, Dharmaraksita explains is not a punishment, merely a karmic result we created ourselves.

Armed with this knowledge of karma and result we can change our thoughts and actions so that what returns to us in the future is genuine and lasting happiness and fulfilment.

Be inspired by this powerful and dynamic teaching in English by holy being Lama Zopa Rinpoche.

**For details about this event including all booking information please visit our website
www.chenrezig.com.au**

Ksitigarbha Initiation

Kyabje Lama Zopa Rinpoche June 3rd 2018

When environmental destruction, natural disasters and the devastation of war and disharmony pervade, Bodhisattva Ksitigarbha shines the light of hope.

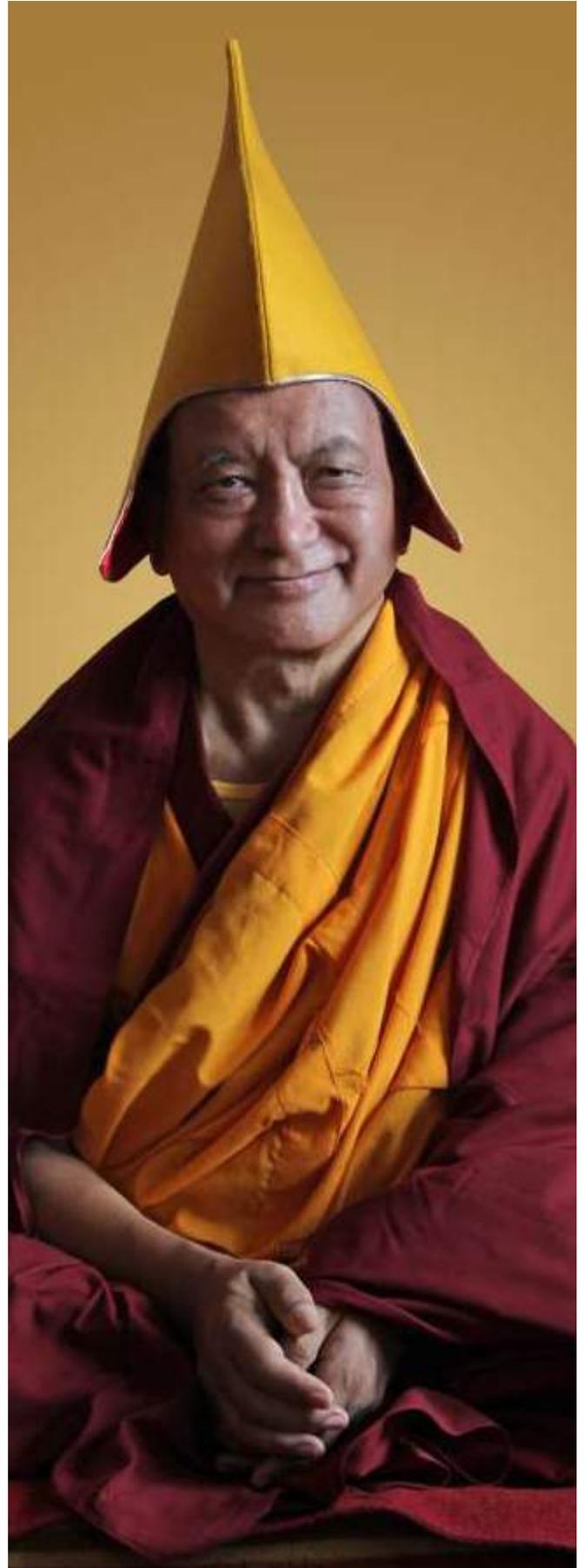
Kyabje Lama Zopa Rinpoche will offer this profound initiation for students wishing to engage with this powerful practice.

"This practice is especially beneficial for those who have heavy problems, serious health problems, big projects, or financial difficulties. I suggest it is extremely powerful to recite every day for protection." Lama Zopa

As an archetypal Great Being, Ksitigarbha personifies the renunciation, courage and perseverance of the mind that has awakened.

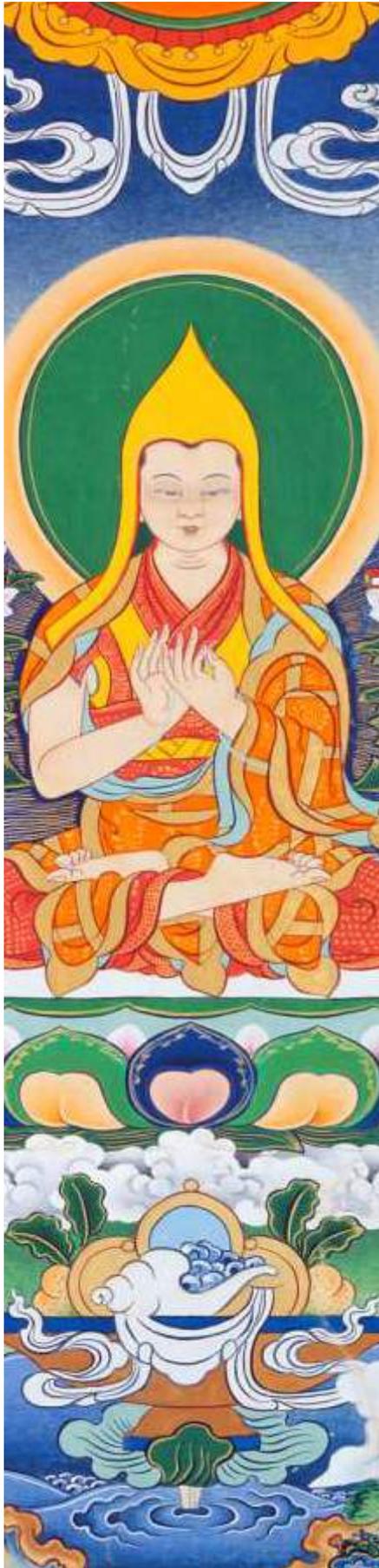
In the dynamic process of personal cultivation, Ksitigarbha represents the complimentary functions of equanimity and steadfastness. With boundless nurturing and healing powers, Ksitigarbha personifies the earth itself.

For details about this event including all booking requirements the prerequisites and commitments please see www.chenrezig.com.au



Thank you for disposing of me respectfully

Retreat



Lama Tsongkhapa Guru Yoga Retreat with Geshe Tsultrim and Ven Yonten

Within Tibetan Buddhism, there is an emphasis on creating a connection with a spiritual friend or teacher who will be able to support and nurture your personal development. The ultimate Life to Life Coach!

When choosing this teacher, students are advised by the Buddha to look carefully for specific qualities and not to make a commitment until they are completely sure. Lama Tsongkhapa Guru Yoga is a particularly powerful practice for creating the karma to meet a qualified spiritual teacher. It removes obstacles for creating this important connection and increases the blessings that come from this mentoring relationship. The retreat will conclude with a powerful offering ceremony.

Geshe Phuntsok Tsultrim will attend the retreat, assisting and inspiring us with a transmission of the recitation as well as sharing motivations, teachings, visualisations and other tips to help us understand and benefit from this practice. This retreat is ideal for students who have taken refuge with Geshela.

The Retreat Leader will be experienced teacher, Ven Yonten. Known for her fresh, modern approach and warm, engaging teaching style Ven. Yonten regularly teaches at Mahamudra Centre in New Zealand and is a faculty member of Human Spirit: Psychoanalytic-Buddhist Training Program in Lod, Israel.

Thursday 29th March, 6.30 pm – Monday 2nd April, 4.30 pm. Facility fee \$200, held in the Gompa at Chenrezig Institute.

Accommodation and meals available separately for purchase. They are discounted by 10% for those attending the full retreat.

Meditation and Retreat



Calm Abiding Meditation Retreat: A Stabilising force for Transformation with Corey Jackson

“If we examine ourselves every day with mindfulness ... a possibility for change and self-improvement can open within us.” HH Dalai Lama.

Cultivating mindfulness sets the stage for improving our lives. It is the basic ingredient of all other practices and creates the stability needed to make radical transformation. There are many different techniques suitable for all types of people and this retreat will introduce a wide range of approaches allowing people to choose the ones they find most effective.

Drawing heavily on his connection with Alan Wallace, Corey will combine clear discussion with both silent and guided meditation. Learn to relax in the face of stress, understand its causes and develop habits that lead to happiness. **Take a weekend to unplug, unwind and learn Buddhist tools for transforming our lives.**

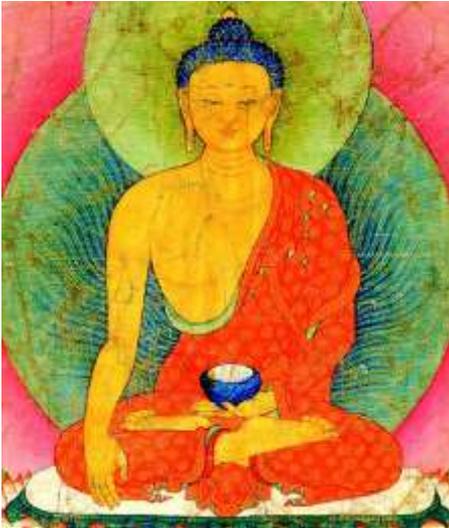
Friday 13th April 6.30 pm - Sunday 15th April 4.30 pm, held in the Gompa at Chenrezig Institute. Facility fee \$108

10% discount for members and concession card holders. Accommodation and meals available separately.

Corey Jackson trained in India as a meditation teacher and translator of Tibetan Buddhist Philosophy. He has a degree in Psychology and Sanskrit and a unique passion for combining the best of ancient wisdom and modern research. He was certified by B. Alan Wallace and Eve Ekman as a Cultivating Emotional Balance trainer in 2011.

Thank you for disposing of me respectfully

Buddhist Teachings



Burnout and Fatigue: Prevention and Recovery from a Buddhist Perspective with Ven Yonten

Mental fatigue and exhaustion are common but most people are unaware of how it occurs or what can be done to prevent it.

Join this workshop to learn how to combat fatigue, encourage physical energy and vitality and change draining mental habits that interrupt our momentum or keep us feeling stagnant, stuck and overwhelmed.

Drawing from Buddhist principles and tools like developing inner wisdom, training in mindfulness through various types of meditation we will explore ideas about where mental fatigue comes from and what we can do to prevent it.

We will also explore ways to tap and expand our potential for increased vitality and happiness in whatever inner or outer work we want to engage in.

Everyone is welcome and this course is suitable for those who are new to Buddhism.

Saturday 7th April 9.00 am - Sunday 8th April 4.30 pm, held in the Gompa at Chenrezig Institute.

Facility fee \$108

10% discount for members and concession card holders. Accommodation and meals available separately.

Ven Yonten is known for her fresh, modern approach and warm, engaging teaching style. She regularly teaches at Mahamudra Centre in New Zealand and is a faculty member of Human Spirit: Psychoanalytic-Buddhist Training Program in Lod, Israel. Originally from the United States, Venerable Yönten became a nun when she was 21 (in 2003), and with the permission of her Abbot received gelongma/bhikshuni ordination in 2011.

Thank you for disposing of me respectfully

Buddhist Teachings

Essence of the Buddha's Teachings - Three Principle Aspects of the Path with Geshe Phuntsok Tsultrim

Shakyamuni Buddha gave 84,000 teachings, and the enormity of them can be overwhelming! These few short verses, the Three Principle Aspects of the Path, composed by Lama Tsong Khapa, are a beautiful and succinct guide to achieving happiness, drawing directly on the Buddha's teachings.

Distilling the vast principles of renunciation, correct view and Bodhicitta the verses present an essential approach to help us to view reality, self and others in a truly honest way.

Lama Yeshe says 'This is a small text, but it contains the essence of the entire teaching of Lord Buddha. Also, while it is very simple and practical, it is a universal teaching that everybody can understand.'

Join us for this mind-opening weekend and discover for yourself the essence of Buddha's teaching in the Three Principles of the Path.

**Saturday 21st April 9.00 am - Sunday 22nd April 3.30 pm,
held in the Gompa at Chenrezig Institute.**

Facility fee \$108

**10% discount for members and concession card holders.
Accommodation and meals available separately.**



Geshe Phuntsok Tsultrim was born in Tibet in 1969. At the age of 14 he became a monk at Sera Je Monastery in India, where he was awarded his Geshe degree (the equivalent of a doctorate in Buddhist studies) in 2005. He then spent a further two years studying tantra at Gyume Tantric Monastery. Geshe Tsultrim is immensely popular for the warm and approachable way in which he presents the Dharma.

Thank you for disposing of me respectfully

Buddhist Teachings



Recognising Yourself in the Age of Selfies with Ven Kartson

Who are you really? Within the package of thoughts, emotions, body and relationships where do you begin and end? And how does your sense of “self” help and hinder you?

As we move through life we experience highs and lows, success and failure, great joy and deep sorrows. These situations often impact on how we see ourselves, as a winner or loser, talented, unlucky or even unlovable.

Buddhist tradition, names this rollercoaster ride Samsara. According to Buddhist philosophy, the reason we can't get off the ride is that we don't know who we really are. Not only we do not recognise our true nature, but our sense of self is totally mistaken. And as we try to make sense of this contradiction we are over whelmed with disturbing emotions.

In this course Ven Kartson will give an overview of the different schools of thought in Buddhist philosophy and how each of them has a presentation of our basic mistake, the way to correct it and thereby break free from Samsara.

Saturday 28th April 9.00 am - Sunday 29th April 3.30 pm, held in the Gompa at Chenrezig Institute.

Facility fee \$108

10% discount for members and concession card holders. Accommodation and meals available separately.



Originally from Israel, Ven. Kartsön has worked closely with our Tibetan Teachers, studying and translating for ten years of our advanced study program, masters program, and is now tutoring this program. A knowledgeable teacher in his own right, he travels extensively teaching and translating for Lamas in India, Israel, Singapore, Taiwan and China.

Thank you for disposing of me respectfully

Membership and Weekly Programs

Taste of Tibetan Buddhism

This introductory course covers topics such as mind and its potential, how to meditate, establishing a daily practice, karma, and transforming problems. A new topic is explored each week, making it an excellent opportunity to get an overview of core Buddhist teachings in the Tibetan tradition. You are also welcome to drop in and attend on a casual basis.

Thursdays, 1.15pm to 2.30pm. By donation, held in the Tara room under the Gompa.



Guided Meditation

Join one of our experienced Sangha members as they lead you through a reflective meditation. This is a perfect way to try out Buddhist meditation and experience how a short, peaceful experience can invite more peace into your everyday life. Suitable for everyone, Buddhist and non-Buddhist alike join us for this perfect after lunch experience. Please check our calendar as retreats and teachings may affect these sessions.

Fridays, 1.15pm to 1.45pm. By donation, in the Gompa.



The 1000 Arms of Chenrezig Institute

By becoming a member of 1000 Arms of Chenrezig Institute, you are supporting the growth and flourishing of the Buddha's teachings in Australia and beyond. Through the merit of your generosity you establish a connection with the deity of compassion Chenrezig and His Holiness the Dalai Lama.

As a token of our appreciation we offer a range of benefits including course and accommodation discounts, special prayers and pujas, as well as access to FPMT online learning.



Weekly Programs with Geshela



Geshe Tsultrim continues to share two important Buddhist texts for our ongoing students. Both of these teachings are offered to our community by donation.

On Thursday evenings Geshela is teaching Lorig or Mind and Cognition. This is a perfect class for those who have already have some previous understanding of Buddhist concepts and want a deeper understanding of Buddhist Psychology. Geshela invites students questions and there are friendly group discussions and debate.

On Friday mornings Geshela is teaching from Aryadeva's 400 Verses. This is an excellent place to get to know Geshela's warm and encouraging teaching style and become familiar with this very helpful text. Everyone is welcome.

Mind and Cognition (Lorig)

Understand the Buddhist view of the mind and discover how Buddhism explains the connection between thought and reality. This is an introduction to Buddhist psychology and includes an exploration of positive and negative emotions, and cognitive states. Suitable for students with some previous experience.

Thursdays, 6.30pm to 8.00pm, held in the Gompa at Chenrezig Institute. By donation.

Four Hundred Verses by Aryadeva

Aryadeva shares a series of memorable stories and anecdotes that illustrate how our own misconceptions and misunderstandings can prevent us from moving forward on the yogic path. Suitable for everyone.

Fridays, 10.30am to 12 noon, held in the Gompa at Chenrezig Institute. By donation.

Traditional Arts and Rituals

Tsa Tsa Painting Workshop

Join us as we paint these beautiful Buddhist icons, bringing forth our own joy as we reflect on their special qualities. A relaxing and meaningful way to nurture your creativity.

Sunday 1st April, 1.00pm - 4.00pm, held in the Art Studio at Chenrezig Institute. By donation.

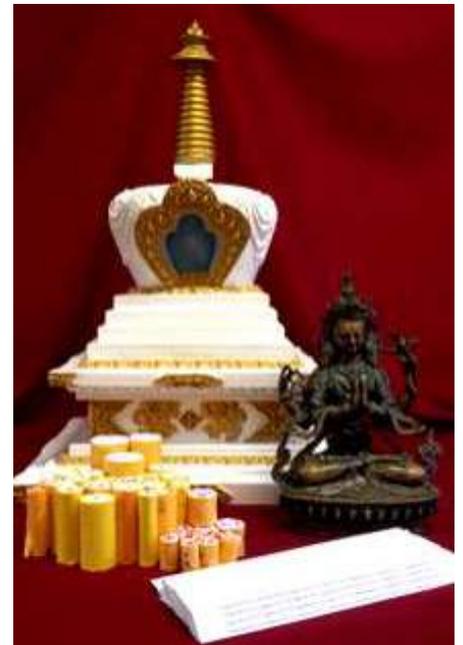


Mantra-rolling workshop

Mantras, meaning 'mind protection', are Sanskrit syllables recited as part of meditation practice. They bring benefit to all who see, touch, hear or speak them.

Join us in the Art Studio for the relaxed and calm process of mantra rolling. No experience necessary. Our Chenrezig Arts community will lead you through this inspiring practice.

Sunday 8th April 10.00am - 3.00pm held in the Art Studio at Chenrezig Institute. By donation.



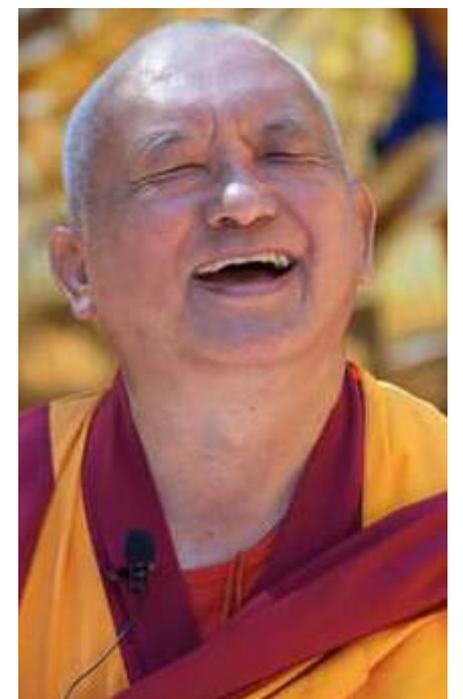
Sutra Reading and Writing

Join us for a peaceful day of reading and writing sutras - the records of the Buddhas teachings, written in verse.

We'll gather in the Tara Room, set our motivation and read through a sutra reflecting on it's benefits as shared by Lama Zopa Rinpoche. They'll be plenty of time to share our thoughts and enjoy chai together.

After lunch we'll be writing sutras (Buddhist scriptures) in gold ink. This a deeply relaxing and satisfying way to spend the afternoon. Everyone is welcome to join in this peaceful day of recitation and reflection.

14th April from 10:30am onwards, held in the Tara Room. This activity is by donation. Lunch in the Big Love Café is \$12.50pp.





Guru Puja

Recognising the kindness of our teachers, we give thanks for their wisdom and compassion. Guru puja is mostly chanted in Tibetan and takes about two hours including offerings of chai and food.

10th and 25th April from 6.30pm in the Gompa

Lama Tsong Khapa Retreat will also end with Guru Puja with Tsog

**2:30pm to 4:30pm
Monday 2nd of April.**



Making Offerings

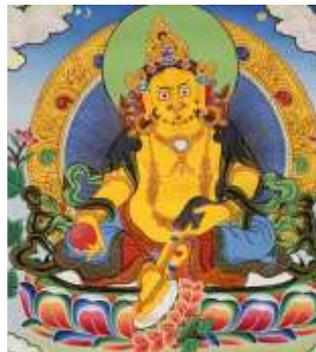
Students are welcome to bring offerings of fruit, flowers, incense and wrapped food to offer on our altar or to our Buddha statues and holy objects.



Tara Puja

The enlightened activities of the Buddhas manifest in this female aspect to help living beings successfully accomplish their goals. Tara puja is a mix of Tibetan and English and takes one hour, during which we offer chai and cake.

23rd April from 6:30pm in the Gompa



Dzambala Puja

A puja to increase each student's generosity, resulting in both spiritual and material abundance. Dzambala puja is a mix of Tibetan and English and involves water offerings to Dzambala. It takes about one hour.

1st April from 6.30pm in the Gompa



Vajrayogini Practice

This is an intimate practice day, only for students with the appropriate initiation. There is an additional self-initiation after lunch for those qualified by the approach retreat.

15th April from 9.30am in the Tara Room



Medicine Buddha Puja

A puja to remove health and life obstacles and increase wellbeing and prosperity. Medicine Buddha puja is mostly in English and takes about an hour. At the conclusion of the puja we share the offerings.

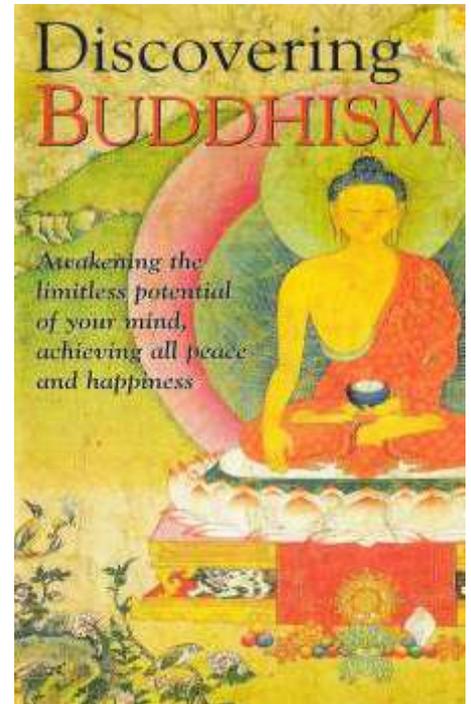
29th April from 6:30pm in the Gompa

Ongoing Study Programs in 2018

Discovering Buddhism

The Discovering Buddhism course is made up of 14 modules of study and retreat covering the Buddhist path in a systematic way. Each module is completed over two months with both a teaching weekend and a retreat weekend. This two month period gives students time to study, practice and integrate each new subject slowly building a comprehensive base of knowledge and skills.

In 2018 the Discovering Buddhism Program will be taught by Ven. Thubten Chokyi who we welcome into the Chenrezig Institute community. Study will commence June 9th and 10th and continue on the second weekend of the month. Please see our website for more details.



Venerable Chokyi ordained with Kyabje Zopa Rinpoche in 2006. She has been the Program Coordinator at Vajrayana Institute for over ten years, leading retreats and teaching Discovering Buddhism. Prior to ordination, she taught at university and in the community sector for over 20 years. She is also the Director of the Liberation Prison Project.

Advanced Study Program

We offer a comprehensive, practice-oriented course of Buddhist study for students who wish to extend their understanding of Buddhism to university level.

Module One: The Heart of Wisdom Sutra

23rd July to 3rd August 2018 (Monday to Friday)

Module Two: The Wisdom and Dedication Chapters of the Guide to the Bodhisattva's Way of Life

Part 1 – 21st August to 12th September 2018

Part 2 – 25th September to 10th October 2018

Module Three: Transforming Death, Intermediate State and Rebirth into the Path (The Three Kayas)

30th October to 21st November 2018

Please see our website for more details. Including our new Tuesday and Wednesday format.



Wellbeing Program



Introduction to Yoga with Annie McGhee

New to yoga? Build a basic foundation in yoga with this popular beginners course, designed especially for those who are starting out. We will explore introductory yoga poses, using props (bolsters, blocks, blankets & straps) to help support the body & keep it safe. Basic breathing exercises & meditations will compliment the course. Suitable for complete beginners. Please bring a yoga mat and comfortable clothes.

Friday 6th April, 6.30pm - Saturday 7th April, 4.30pm.
Held at the Wellbeing Centre at Chenrezig Institute.
Facility fee \$75 . Please order meals separately.

Annie McGhee is a fully qualified & accredited yoga teacher with over 25 years experience in numerous styles of yoga. Her classes are well known for their warm hearted teaching style, influenced by Tibetan Buddhism, to help develop an open hearted approach to life.



Creativity to Replenish Ourselves with Juliette Kalifa

We live in a busy world where we take little time to pause or reflect. I invite you to spend the day with me using art as therapy. Art therapy differs from traditional art in that the emphasis is on the process of creating rather than on the end product. Art making can help to stimulate imagination and creativity, to identify and clarify concerns, to express feelings that are difficult to discuss and to increase self awareness. Create the space and take the day to follow your heart spontaneously with colours, shapes and images, you may find another way to express how your life is, and consider other possibilities. No experience with art is necessary.

Sunday 8 April 9.30am - 4.00pm at the Wellbeing Centre at Chenrezig Institute. Facility fee \$75. Arts material fee \$5, paid to the facilitator on the day. Please order lunch

Juliette Kalifa is a registered creative arts therapist and clinical supervisor with over twenty years experience in creative arts counselling with adults, children and groups.

Thank you for disposing of me respectfully

Wellbeing Program

Tools for Happiness:

How We Think and Act.

with Lozang Tsultrim (Carla Pearse)

How we think determines how we act. The way we act affects how we experience our lives. Unfortunately, most of us are caught in patterns of negative thoughts – anger, frustration, regret and self-hatred - that lead us to act in destructive ways. But just as an athlete trains their body, we can train and transform our minds. In doing so, we can free ourselves from our habitual patterns and explore new ways of living - with joy, patience, contentment, and delight.

This workshop provides straightforward tools for developing happiness and meaning in everyday life by focusing on how we think and how we act. We learn the deeper value of kindness, forgiveness, patience, honesty and generosity. It is suitable for people of all ages, faiths, and cultural backgrounds; using everyday language for people from any or no spiritual tradition.

This is a paired workshop with *Tools for Happiness: How We Interact and Find Meaning* in May. You don't have to do both workshops – but doing the two will give you all the tools you need to radically change your life!

Saturday 14th April, 9.00am - Sunday 15th April, 4.30pm,
held at the Wellbeing Centre at Chenrezig Institute.
Facility fee \$120 Meals and accommodation available separately.

10% discount for concession card holders.



Ven. Tsultrim is a counsellor with a Masters of International Studies in Peace and Conflict Resolution. She works with people at risk of suicide, their family and friends. She is also a Buddhist nun.

Thank you for disposing of me respectfully

Wellbeing Program



Healing From Within: Transformative Mindfulness Retreat with Ruth Donnelly

Transformative Mindfulness offers easy-to-learn self-healing tools for leading a healthier and happier life. These tools are simple, effective, and suitable for people of all ages, cultures and traditions. They are designed to enable you to:

- generate awareness and acceptance of your own mental and physical challenges
- directly access the underlying psychological causes that contribute to the mental or physical suffering that you may be experiencing
- compassionately transform these causes, in a way that works best for each individual



Guided meditations, visualisation, drawing, and mindful acceptance practices support this wonderful weekend of transformation. When skilfully combined these techniques bring insight and change, help build strengths, bring perspective to difficult situations and transform inner conflicts.

By breaking open our power of compassion, the underlying causes of our difficulties can be viewed very differently. Profound change can occur! Follow up workshops throughout the year to support and deepen your practice.

Please bring along a yoga mat and blanket for relaxation. Beginners are welcome.

Saturday 21 April 9.00 am - Sunday 22 April 4.00 pm, at the Wellbeing Centre at Chenrezig Institute. Facility fee \$150. Meals and accommodation available separately.



Ruth Donnelly is a Buddhist Psychotherapist in Maleny. She runs self-care and training groups using Transformative Mindfulness and Dru Yoga, offering people simple ways to care for and transform their own lives, and the lives of people they live and work with.

Weekly Wellbeing Program



Yoga with Baillie

Baillie left behind a successful role in the high stress world of financial planning seven years ago to pursue a career that fulfilled her at a much deeper level. She qualified in India in Ashtanga Vinyasa and has complimented this intensive training with Sivananda Hath yoga while offering service through India and Sri Lanka. She is keen to share the physical and emotional benefits of yoga.

What to expect from Thursday classes:

Baillie bases her classes around participants and will tailor them to individual needs.

She begins with various breathing exercises, to quiet the mind and prepare for practice. Each class will include gentle stretching, balancing poses, and sun salutations. Students will get to know their bodies and themselves more closely through practice. The focus is listening to and working with the body gently, which can only be achieved through a kind approach.

Thursdays 4.30pm - 5.30pm in the Wellbeing Centre at Chenrezig Institute.

Facility Fee: \$12 per class. Join us in the Wellbeing Centre.



Family and Social Events



Kind Kids Program

Children and their families are invited to join us for meditation, stories, yoga and creative experiences in a welcoming friendly environment.

Throughout 2018 we'll be exploring: How we Think (**Humility, Patience, Contentment, Delight**) and How we Act (**Kindness, Honesty, Generosity, Thoughtful Speech**). In 2019 the program will continue with How we Relate to Others (**Forgiveness, Respect, Gratitude, Loyalty**) and How we Find Meaning (**Aspiration, Principles, Service, Courage**) This program is based on the 16 Guidelines for a Happy Life. It is suitable for all families who want to come together to enjoy these practical tools and fun experiences for creating more kindness in the world.

This months program will take place in the Wellbeing Centre and it's surrounds. Please wear comfortable shoes and clothes you can create and have fun in.

Sunday 1st April 9am - 10am. This event is by donation. Donations to the Kind Kids program cover the cost of art materials, resources and morning tea for the children.

Meals in the Big Love café are available separately. Please order by 10am.

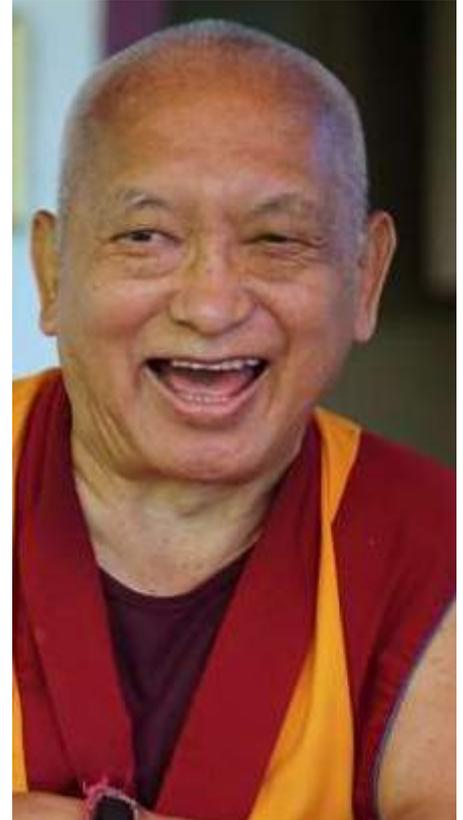
Family and Social Events

An Evening Picnic of Rinpoche's Teachings

If you haven't heard Rinpoche's teachings before this is a great opportunity to get to know his unique style and sense of humour. We'll select from Rinpoche's online catalogue to give you a selection of his latest teachings.

Bring along a picnic to enjoy as we spread out on the prayer wheel lawn and watch Rinpoche on the Big screen for a fabulous open air evening.

Friday 20th of April from 6:30pm by donation, held on the prayer wheel lawn. Supper is available in the Big Love Café from 5:30pm. Please book and pay online. Our signature chai and delicious cakes will also be available to purchase.



Chenrezig Yarning Group

Join us in the Big Love Cafe for a fun get together working on knitting and crochet projects to support those in need in our community. Bring along your own project or join in with one of ours and enjoy connecting with others and sharing our stories over chai. Together we'll weave something unique and beautiful to share with others.

Not sure how to knit? No worries. Let us make you comfortable and show you how. Everyone is ready to make you welcome.

Can't make it on Fridays but still want to join in? We'd love to have your knitting donations of blanket squares, knitting needles and wool. Please get in touch to find out more. info@chenrezig.com.au

Friday fortnightly 2 pm - 3 pm, held in the Big Love Café April 6th and 20th.



Pilgrimage to Japan



***Walking the ancient pilgrimage trail of Kumano Kodo,
temple stay at Mt Koya, visits to Nara and Kyoto
with Venerable Kartson***

11 days, 10 nights 12-22 October 2018



Tour Route: Osaka – Nara – Kyoto – Takahara – Tsugizakura-oji
– Kumano – Yunomine Onsen

This Pilgrimage to Japan will be lead by Ven Kartson (Yaki Platt) and Ekno's Sharon Thrupp. Starting in Brisbane we'll travel to Osaka (you may choose to make your own way to Osaka), followed by a visit to Nara (the first permanent capital of Japan). It's full of historic treasures, including some of Japan's oldest and largest temples.



Next is Mt Koya which is home to an active monastic center founded twelve centuries ago and has its headquarters of Shingon Buddhism. Situated on a small plain at the top of Mount Koya the Monastery is a complex of temples, halls, and pagodas. Surrounded by a thick forest of massive cedars, it is a place for reflection and contemplation. There is also a womens' pilgrimage circuit which you may wish to complete during your stay.

Tour Leader Ven. Kartson

Born in Israel, trained in Tibetan language and Buddhist Philosophy in India and calling Australia home, Ven. Kartson travels the world translating and teaching. He is a graduate of Chenrezig Institutes Advanced Studies Programme and was ordained in 2015. He is known for his warmth and sense of humour.

This tour raises funds for Chenrezig Institute.

On we travel to historical Kyoto, full of shrines and temples, followed by walking the ancient pilgrimage trail of Kumano Kodo at the most stunning time of year with autumn leaves in full colour. Our walk is very flexible with shortcut options. Without the short-cuts we will walk 54km over four days, but with two guides with the group which ever option you choose you will not be alone. The walk can be strenuous at times, but you will have the luxury of only carrying a day-pack each day.

This pilgrimage raises funds for Chenrezig Institute. To find out more contact Sharon tour@eknotravels.com.au or visit www.eknotravels.com

Pilgrimage to Japan



Pilgrimage Information Session

UNESCO includes only two **pilgrimage routes** in its World Heritage list. One is the famous Camino de Santiago through Spain. The other is the Kumano Kodo, a journey through a thousand years of Buddhist history on **Japan's** beautiful Kii Peninsula that connects these iconic sites.

Join your tour leaders Ven Kartson and Sharon Thrupp to find out more about this unique adventure and why this pilgrimage is a precious opportunity for Buddhists and those seeking spiritual experience. An essential afternoon for anyone considering this amazing and transformational travel.

Sunday 15 April 2018 1.00 pm to 2.00 pm at Chenrezig Institute. All Welcome.

Tour Leader Ven. Kartson

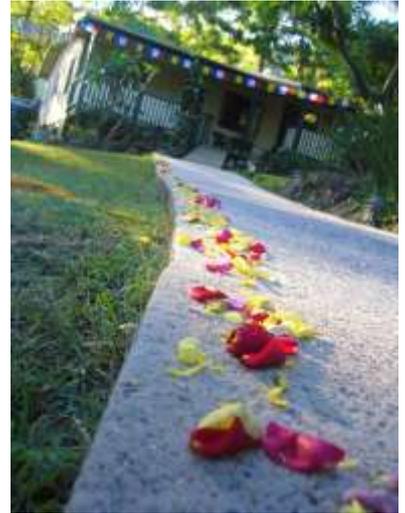
Born in Israel, trained in Tibetan language and Buddhist Philosophy in India and calling Australia home, Ven. Kartson travels the world translating and teaching. He is a graduate of Chenrezig Institutes Advanced Studies Programme and was ordained in 2015. He is known for his warmth and sense of humour.

This tour raises funds for Chenrezig Institute.

Stay Chenrezig Institute offers a unique opportunity to stay in a Tibetan Buddhist community. Come for our weekly classes, courses or retreats or simply enjoy the peaceful rainforest atmosphere.

There is a range of comfortable and affordable accommodation options, ranging from \$27 per night for a simple dorm room through to \$80 per night for your own comfortable retreat hut with ensuite. Please visit our website for a detailed list and photos of all our accommodation options.

We look forward to welcoming you.



Play While you're here you might like to visit our beautiful **Garden of Enlightenment**, consecrated by the Dalai Lama. Our friendly **library** volunteers are happy to share their knowledge of our impressive collection of books and dvds. You can sign up for our weekly yoga classes in our **Wellbeing Centre**. Down in the **Art Studio** you can learn traditional Buddhist arts such as tsa tsa painting and stupa making.

Our **Dharma gift shop** has everything you need to set up your altar, as well as a wide selection of books, practice items and gifts for friends and family.

Open 10.00am - 2.00pm ,Thurs - Fri and 8.30am - 3.00pm Sat - Sun.



Eat Lama Yeshe began the tradition of cooking for students and the custom of preparing meals with mindfulness and care continues to this day, with many volunteers offering service under the guidance of our experienced cooks.

Breakfast, lunch and supper are available as well as delicious homemade cake, chai and tea. All our food is vegetarian and a vegan, gluten and dairy free option is available to order for lunch.

We cook our meals especially for you, so please ensure you book before 10.00am on the day of your meal and let us know if you are gluten or dairy free or Vegan so that you wont be disappointed.



Opening Hours:
7.00am – 6.30pm Thursday to Sunday
Breakfast 7.00am to 8.00am
Lunch 12 noon to 1.00pm
Supper 5.30pm to 6.30pm

April

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30						1 Kind Kids 9:00 am to 10:00 am (Wellbeing) Lama Tsongkhapa Guru Yoga Retreat
2 Lama Tsongkhapa Guru Yoga Retreat	3	4	5 Taste of Tibetan Buddhism 1.15pm - 2.30pm (Tara Room) Lorig Teachings with Geshela 6.30 pm - 8pm	6 Yoga for Beginners Retreat Commences 6.30pm (Wellbeing) 400 Verses teachings with Geshela 10:30 am - 12 noon Guided Meditation 1.15pm - 1.45pm (Tara Room) Yarning Group 2-3pm	7 Yoga for Beginners Retreat Concludes 4:30pm (Wellbeing) Burnout and Fatigue: Prevention and Recovery from a Buddhist Perspective Commences 9.00am	8 Burnout and Fatigue: Prevention and Recovery from a Buddhist Perspective Concludes 4.3 pm Creativity to Replenish Ourselves 9.30am - 4pm (Wellbeing) Mantra Rolling 10.00am - 3.00 pm (Art Studio)
9	10 Guru Puja 6.30pm	11	12 Taste of Tibetan Buddhism 1.15pm - 2.30pm (Tara Room) Lorig Teachings with Geshela 6.30 pm - 8pm	13 400 Verses teachings with Geshela 10:30 am - 12 noon Guided Meditation 1.15pm - 1.45pm (Tara Room) Calm Abiding Meditation Retreat Commences 6.30pm	14 Tools for Happiness Commences 9.00am (Wellbeing) Calm Abiding Meditation Retreat Continues Sutra Reading and Writing from 10:30am (Tara Room)	15 Tools for Happiness Concludes 4.30pm (Wellbeing) Calm Abiding Meditation Retreat Concludes 4:30pm Japan Pilgrimage Information Session 1:00pm - 2:00pm Vajrayogini Practice Day 9:30 am to 3pm (Tara Room)
16	17	18	19 Taste of Tibetan Buddhism 1.15pm - 2.30pm Lorig Teachings with Geshela 6.30 pm - 8pm	20 400 Verses teachings with Geshela 10:30 am - 12 noon Guided Meditation 1.15pm - 1.45pm Yarning Group 2-3pm Picnic and Teachings with Rinpoche on the big screen from 6:30pm	21 Essence of the Buddha’s Teachings Commences 9.00 am Healing from Within Commences 9.00 am (Wellbeing)	22 Essence of the Buddha’s Teachings Concludes 3.30 pm Healing from Within Concludes 4.00 pm (Wellbeing)
23 Tara Puja 6:30pm (Main Gompa)	24	25 Guru Puja 6.30pm	26 Taste of Tibetan Buddhism 1.15pm - 2.30pm Lorig Teachings with Geshela 6.30 pm - 8pm	27 400 Verses teachings with Geshela 10:30 am - 12 noon Guided Meditation 1.15pm - 1.45pm	28 Recognising Who we Really Are Commences 9.00 am	29 Recognising Who we Really Are Concludes 3.30 pm Medicine Buddha Puja 6:30pm (Main Gompa)