

# December

# CHENREZIG INSTITUTE

A Centre for Buddhist Study, Meditation & Retreat

## December 2017

Retreats

Meditation

Study Programs

Buddhist Teachings

Wellbeing Programs

Traditional Arts & Rituals



**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*

# Welcome

As the end of the year is approaching retreat season begins at Chenrezig Institute.

Here on the hill we're taking some time to breathe, relax and reflect on the year that was. It's an opportunity to take stock of all that's happened and rejoice in all the positive potential we've created for ourselves and for others. We'd like to thank all our community for working so harmoniously and thoughtfully to create some very positive karma - the fruits of which can be seen all across our property. It's also an opportunity to think about the year ahead and set a strong motivation for 2018. This year is sure to be amazing as we welcome Rinpoche to Chenrezig Institute. We hope you'll join us.

## 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](mailto: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](mailto:spc@chenrezig.com.au) if you need to make arrangements to attend our courses.

## Meditation and Retreat



### Beyond Disappointment and Delight with Ven Tsultrim

Lama Yeshe used to talk about our yo-yo mind. *"I get a present! I feel so happy!" "I lost that wonderful gift. I'm so unhappy."* We have bought into the appearances of this life, thinking that money and material things, praise and approval, a good reputation and marvelous sense experiences are the epitome of happiness. But then we get disappointed and frustrated when we discover that they don't give us genuine happiness, but fear of losing what we have, jealousy when others have more, and an empty feeling inside our hearts.

Ven. Tsultrim will guide us to stop looking at what we can get from the world and refocus on what each of us can bring to it. Step out of the cycle of Disappointment and Delight and connect with genuine happiness.

**Friday 1<sup>st</sup> Dec, 6.30pm - Thursday 7<sup>th</sup> Dec 3.30pm. Held in the Gompa at Chenrezig Institute. Facility Fee \$250.**

### Overflowing with Compassion: Chenrezig Retreat with Ven Damchoe

*"A mind committed to compassion is like an overflowing reservoir - a constant source of energy, determination and kindness."* His Holiness the Dalai Lama Compassion, the wish that everyone be free of suffering, lies at the heart of the Buddhist path. This retreat focuses on developing compassion through the joyful and uplifting practice of reciting the mantra of Chenrezig, the Buddha of compassion. This retreat is dedicated to the long life of the Dalai Lama.

Everyone is welcome! You don't need any previous retreat experience to participate in this life-changing opportunity.

**Friday 15<sup>th</sup> Dec, 6.30pm - Sunday 17<sup>th</sup> Dec, 3.30pm. Held in the Gompa at Chenrezig Institute. This course is offered for FREE to participants who register.**

Accommodation and meals available separately for purchase.

Thank you for disposing of me respectfully

## End of Year Retreat

### Release and Renew: Vajrasattva Retreat with Ven Chokyi

Complete your year with the powerful act of releasing all that has gone before and start the New Year with a renewed sense of calm, feeling inspired and motivated. In Buddhist purification, we can let go of the past with mindfulness and perception, and open up to the brightness and potential of the present moment. In this state of openness, we resolve to make beneficial changes in our lives which help increase our emotional and mental wellbeing.



Our week-long Purification retreat has been described as life-changing by previous participants. With time for deep reflection in beautiful surroundings, we begin to see how our thoughts, speech and actions have influenced the course of the year; we start to notice how our relationships have been impacted by our own responses to life.

Through the gentle but powerful and stabilising practices of meditation, Buddhist mantra recitation and visualisation we are encouraged to loosen our hold on the past, release our anxieties and regrets, and let go of our pain and heartache. Through the beautiful and profound act of purification, we refresh ourselves with strong, positive mental habits, replacing negativities and worries with potent, aspirational resolutions for the future. This transformative process clears the way for us to fully embrace a more relaxed, peaceful, and happy approach to life.

Come along and join us for this period of surrender, quiet reflection and positive transformation in the peaceful setting of Chenrezig Institute. You will enjoy the tranquil ebb and flow of a traditional Buddhist retreat and be supported in your journey with likeminded people. The retreat ends with a beautiful symbolic light offering ceremony, a sublime memory to carry forward into the New Year. This retreat is suitable for beginners or experienced practitioners alike, but a basic understanding of karma will greatly benefit your time here. All welcome!

**Tuesday 26<sup>th</sup> Dec, 6.30pm - Sunday 31<sup>st</sup> Dec, 9.00am. Facility fee \$275 Accommodation and meals available separately for purchase. They are discounted by 10% for those attending the full retreat.**

**Thank you for disposing of me respectfully**

## *New Year Retreat*



### **Path to Peace: Annual Lam Rim Retreat with Geshe Phuntsok Tsultrim and Ven Chokyi**

Our annual lam-rim retreat has been running at Chenrezig Institute since 1974 and benefited many thousands of people looking to understand and integrate the teachings of the Buddha into their everyday life.

This year our Lam Rim will be divided into two phases of teaching. In the first phase Geshela will teach extensively on the Four Noble Truths, the Buddha's first and most essential teaching. These fundamental teachings are a perfect place to start for new students and an important place to return to for more experienced ones.

In the second phase of teachings Geshela will teach from a rare Lam Rim Commentary "The Blissful Path to Omniscience, the Red Guide to the Stages of the Path to Enlightenment" composed by Lobsang Chokyi Gyaltsen and recommended by Lama Zopa Rinpoche. These inspiring teachings will challenge more experienced students to assess how they are applying the teachings in their lives.

Complimenting these teachings will be a program of yoga, meditation, discussion and sacred art experience. You'll experience daily life in our thriving Buddhist community, and discover the relevance and freshness of traditional Buddhist teachings to your own life. The lam-rim has been greatly appreciated many thousands of people as an excellent means for clarifying their direction in life, no matter their religion or philosophy. Join us at the start of the New Year for this wonderful retreat, and discover ways to transform your own life. All welcome!

**Tuesday 2<sup>nd</sup> Jan, 6:30pm - Sunday 14<sup>th</sup> Jan, 1.30pm. Facility fee \$500. Accommodation and meals available separately for purchase. They are discounted by 10% for those attending the full retreat.**

## Buddhist Teachings



### The Gift of Compassion with Geshe Tsultrim

*Dwelling deep within our own hearts, and within the hearts of all beings without exception, is an inexhaustible source of love and wisdom - Lama Yeshe*

Compassion, the wish that everyone be free of suffering, lies at the heart of Buddhist practice. Developing our compassion helps us to experience increased mental wellbeing and emotional freedom because it lessens our normal self-obsession, which is the source of so many of our problems. It is the greatest gift we can give ourselves and those around us.



In this course Geshe discusses why cherishing others helps us lead happier and more meaningful lives, and teaches practical mind-training techniques that expand our ability to feel concern for and appreciation of others. The course involves teachings, reflections and meditations based on *Eight Verses of Training the Mind* by Geshe Langri Thangpa . It is suitable for everyone.

***Geshe Phuntsok Tsultrim*** is immensely popular for the warm and approachable way in which he presents the Dharma and inspires our community. 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 began teaching at Chenrezig Institute in 2014 after being chosen for our community by Lama Zopa Rinpoche. He teaches in Tibetan with the help of his professional translator, Ven. Kartson.



***Ven. Tony*** trained and worked as a psychiatric nurse before he was ordained in 1991. He teaches around the world, sharing his understanding with gentle compassion.

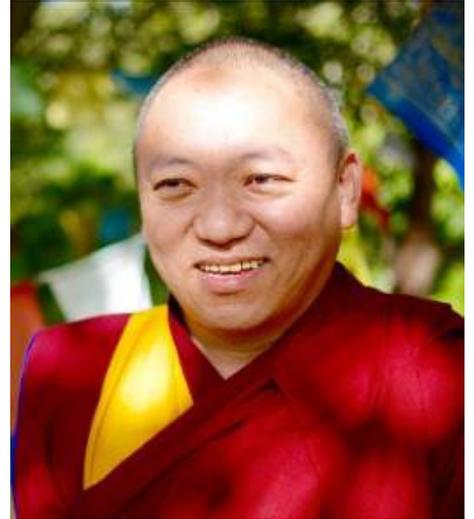
**Saturday 9<sup>th</sup> Dec, 9.00am - Sunday 10<sup>th</sup> Dec, 3.30pm. Held in the Gompa at Chenrezig Institute.  
Facility Fee \$108.**

## Weekly Programs

### 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. This weekly program by Geshe Phuntsok Tsultrim is suitable for students with some previous experience.

**Thursdays 6.30pm to 8.00pm. Held in the Gompa at Chenrezig Institute. By donation.**



### 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. Held in the Tara Room at Chenrezig Institute. By donation.**



### Four Hundred Verses by Aryadeva

Aryadeva shares a series of memorable stories and anecdotes that illustrate how our misconceptions prevent us from moving forward on the yogic path. This weekly program by Geshe Phuntsok Tsultrim is suitable for everyone.

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

### Guided Meditation

Join one of our experienced Sangha members as they lead you through a reflective meditation.

**Fridays, 1.15pm to 1.45pm. Held in the Gompa at Chenrezig Institute. By donation.**

## Family and Social Events



### For Tibet with Love: Dinner and Concert with Tenzin Choegyal

Richard Grantham,  
Marcello Milani  
Shen Flindell

Enjoy an evening of delicious food and be inspired by this beautiful and resilient culture as they celebrate with music and song keeping dreams of peace and freedom alive.

**Sat 16<sup>th</sup> December from 6pm \$45  
per person children under 10 free.**

Each year the awarding of the Nobel Peace Prize shifts the world's attention, to the ongoing need to work consciously to create peace in the world. It's a time to celebrate the powerful impact of peacemakers in our world. In 1989 this award gained special significance for the Tibetan people and Buddhists around the world as it was awarded to the 14th Dalai Lama.

We invite you to join Tenzin Choegyal for a unique and joyful celebration in recognition of peacemakers around the world. Tenzin is an internationally recognised musician, well known for his unique voice that has been described as powerfully evocative, healing and transcendent. His compositions uniquely express his cultural lineage and the contemporary challenges faced by his people. He is joined by world class musicians Richard Grantham, Marcello Milani and Shen Fendell for an evening not to be missed.

**Thank you for disposing of me respectfully**

## Family and Social Events



### December Dharma Club Day

#### A whole day of Dharma Club!

As the year draws to a close it's time to celebrate our year together with a whole day of fun. Children over five and their families are invited to join us for a day of yoga, meditation, stories, treasure hunting and creative fun in a welcoming family environment. Enjoy some great family time and connect with other likeminded families to share the rewards and challenges of family life.

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

**Sunday 17<sup>th</sup> December, 10am - 3pm.**

This event is by donation. Donations to Dharma club cover the cost of art materials, morning and afternoon tea for the children. Lunch is not included.



Thank you for disposing of me respectfully

## Traditional Arts and Rituals



### Lama Tsongkhapa Day

Lama Tsongkhapa (1357-1419) was a Tibetan Buddhist master whose studies and meditations in all the major schools of Tibetan Buddhism resulted in the founding of the Gelugpa lineage. It is traditionally celebrated with beautiful light offerings symbolising the light of wisdom dispelling the darkness of ignorance. Ignorance here means being unaware of our true inherent Buddha nature. Light is offered to the eyes of all the Enlightened ones who see with pristine clarity.



To make the most of this precious opportunity we have scheduled a Holy Objects Workshop, marathon sutra reading and we'll be making 1000 offerings - including extensive light offerings. We'd love to have you join us for this very special day.

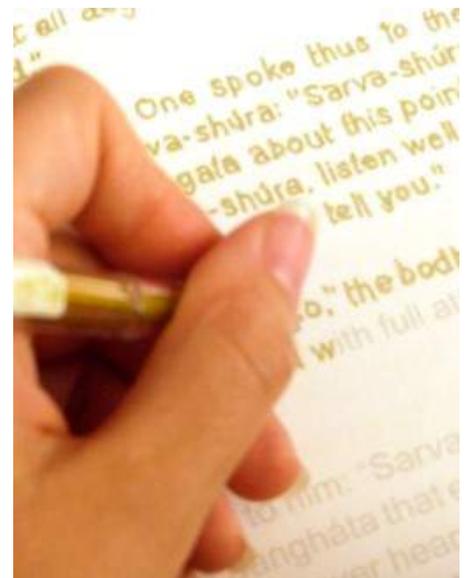
We will finish the day together with a beautiful Guru Puja and Lama Tsongkhapa Guru Yoga. Donations of fairy lights for the day's celebration are very welcome.

**Tuesday 12th Dec - Everyone Welcome!** Please see our website for the exact times of events. All activities today are freely offered, with the exception of Lunch in the Big Love Café which is \$12.50pp. Please book your lunch by 10am on the day of the event so that we can prepare something delicious for you.

**Lama Zopa offers lunch to anyone who works with holy objects today.**

### A Buddhist Christmas: Sanghata Sutra

**Writing** Need to escape the rush of the festive season? Join us for a peaceful day of writing sutras (Buddhist scriptures) in gold ink. This a deeply relaxing and satisfying way to spend the day, and it is said that the act of copying any part of the sutras creates an incredible amount of merit. As Lama Zopa Rinpoche put it: "You see the benefit that is working for your mind and you see that it is an amazing sutra." Everyone is very welcome! **Sunday December 23rd from 9:30am until approximately 3pm.** This activity is freely offered. Lunch in the Big Love Café is \$12.50pp.



Thank you for disposing of me respectfully

## 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 unfold your creativity.

**Sunday 3<sup>rd</sup> Dec, 1.00pm - 4.00pm. Held in the Art Studio at Chenrezig Institute. By donation.**

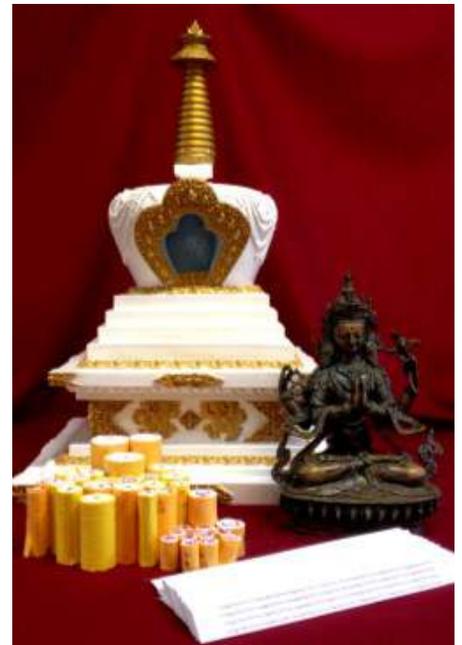


### Mantra-rolling workshop

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.

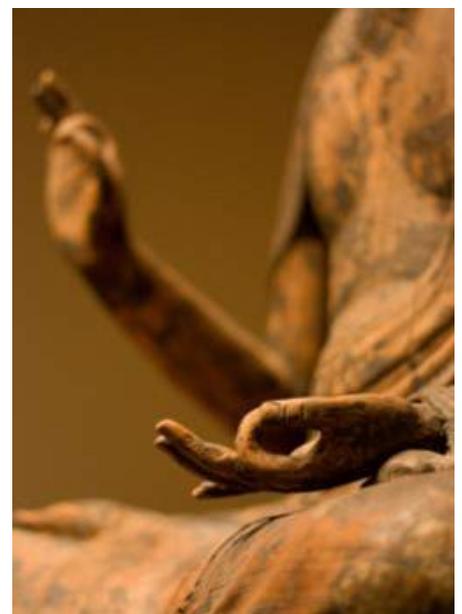
**Sunday 10<sup>th</sup> Dec 10.00am - 3.00pm. Held in the Art Studio at Chenrezig Institute. By donation.**

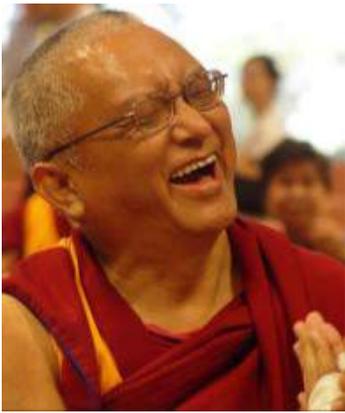


### The 1000 Arms of Chenrezig Institute

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.

You can find out more on our website:  
[www.chenrezig.com.au/helping/become-a-member/](http://www.chenrezig.com.au/helping/become-a-member/)





### 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.

**12<sup>th</sup> Dec and 28th Dec from 6.30pm in the Gompa**



### 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.

**26<sup>th</sup> Dec from 4:30pm in the Tara Room.**



### 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.

**No Vajrayogini Practice this month.**



### Vajra Cutter Sutra Recitation

This text is recommended for the long and healthy life of Lama Zopa Rinpoche.

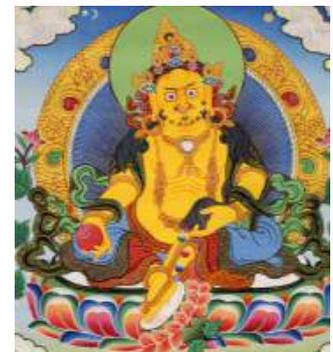
**This month the Vajra Cutter Sutra will be read on Tuesday 12 December as part of our Lama Tsongkhapa Day**



### Medicine Buddha Puja

A puja to remove health and life obstacles and increase wellbeing and prosperity. Medicine Buddha puja is predominantly in English and takes about an hour, during which we offer chai.

**3<sup>th</sup> Dec 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.

**17th Dec from 6.30pm in the Gompa.**

## Wellbeing Program

### Avoiding Christmas Chaos: A Cultivating Emotional Balance Practice Day with Corey Jackson

The holiday season can be a stressful time. Family tensions, school holidays, additional social and financial pressure can easily combine to create some regrettable emotional episodes.

In this course Corey will help you create strategies for the situations that push your buttons and help you press pause on those less skilful interactions. Give yourself and your family the gift of a peaceful and relaxed you.

**Saturday 9th Dec 9 am - 4:00 pm, at the Wellbeing Centre at Chenrezig Institute.**

**Facility fee \$75**



*Corey Jackson is an accredited teacher of the Cultivating Emotional Balance Program and is passionate about sharing ancient wisdom in a modern user friendly way.*

### From Mundane to Magic! with Jen Compton

*Be open to life, be part of its flow. Look, feel and listen. Who knows where you'll go!*

Be inspired by words! Jen Compton, author of *Life's a Mango*, invites you for a day of connection through the power of rhyming prose and poetry. Explore how words can evoke memories, emotions and inner stillness.

Join Jen and bring along some prose or poetry that inspires you. In the afternoon, participate in a writing workshop and see how the experience will take you on a journey of clarity and creativity. Jen will also be sharing her own methodology of writing rhyming prose.

**Sunday 10th Dec 9 am - 4:00 pm, at the Wellbeing Centre at Chenrezig Institute. Facility fee \$75**



*Jen Compton is an inspirational poet. She takes everyday situations that people can relate to and, with rhyming verse, turn them from something mundane to something magic.*

**Thank you for disposing of me respectfully**

## Wellbeing Program



### Art Therapy for Wellbeing with Shanna McLeod

Join art therapist Shanna McLeod as she creates a warm and welcoming space to address psychological, emotional and spiritual needs. Shanna shares art mediums and creative processes to foster self-expression, enhance coping skills, manage stress and strengthen identity.

The Art therapy for wellbeing workshop covers

- Perspective work and reflective practices
- Self-expression and Self - resourcing
- Self-Working with metaphor
- Exploring art mediums and their qualities

**Saturday 16th Dec 9 am - 4:30 pm, at the Wellbeing Centre at Chenrezig Institute.**

**Facility fee \$75** All art materials are provided. Wear clothes you are happy to create in.

*Shanna received her diploma in Transpersonal Art Therapy in 2014. She works as a mental health recovery support worker sharing her passion for transformation and healing.*



### Christmas Trading Hours

December and January are peak retreat season at Chenrezig Institute and to meet the needs of our retreatants we are open to the public some additional days. Retreat guest please note you will be sent a full timetable for your retreat including information about check in and opening hours.

**Sunday 24 Dec to Wednesday 27 Dec - CLOSED**

**Thursday 28 to Sunday 31 December - OPEN**

**Monday 1 January and Tuesday 2nd January - CLOSED**

**Wednesday 3 of January to Sunday 14 January - OPEN**

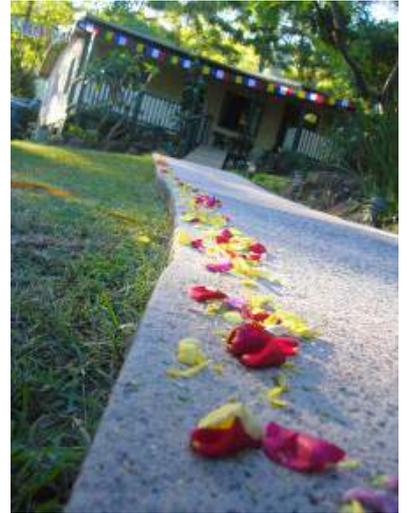
*Please check our website for more details.*

**Thank you for disposing of me respectfully**

**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**

**December**

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<p align="center"><b>Weekly in the Wellbeing Centre</b></p> <p align="center">Yoga with Sarah in the Wellbeing Centre Thursday s and Fridays 4:30pm to 5:30pm</p> <p align="center">Please book online and check our online calendar.</p>				<p><b>1</b></p> <p align="center"><b>400 Stanzas</b> 10.30am - 12noon <b>Guided Meditation</b> 1.15pm - 1.45pm</p> <p align="center"><b>Beyond Disappointment and Delight</b> Commences 6:30pm</p>	<p><b>2</b></p> <p align="center"><b>Beyond Disappointment and Delight Retreat</b> Continues</p>	<p><b>3</b></p> <p align="center"><b>Beyond Disappointment and Delight Retreat</b> Continues</p> <p align="center"><b>Tsa Tsa Painting</b> 2.00pm (Art Studio)</p> <p align="center"><b>Medicine Buddha Puja</b> 6:30pm (Main Gompa)</p>
<p><b>4</b></p> <p align="center"><b>Beyond Disappointment and Delight Retreat</b> Continues</p>	<p><b>5</b></p> <p align="center"><b>Beyond Disappointment and Delight Retreat</b> Continues</p>	<p><b>6</b></p> <p align="center"><b>Beyond Disappointment and Delight Retreat</b> Continues</p>	<p><b>7</b></p> <p align="center"><b>Beyond Disappointment and Delight Retreat</b> Continues</p> <p align="center"><b>Taste of Tibetan Buddhism</b> 1.15pm - 2.30pm</p> <p align="center"><b>Mind and Cognition</b> 6.30pm - 8.00pm</p>	<p><b>8</b></p> <p align="center"><b>Beyond Disappointment and Delight Retreat</b> Concludes 3:30pm</p> <p align="center"><b>400 Stanzas</b> 10.30am - 12noon <b>Guided Meditation</b> 1.15pm - 1.45pm</p>	<p><b>9</b></p> <p align="center"><b>The Gift of Compassion</b> Commences 9am (Main Gompa)</p> <p align="center"><b>Avoiding Christmas Chaos</b> 9am to 4pm (Wellbeing)</p>	<p><b>10</b></p> <p align="center"><b>The Gift of Compassion</b> Concludes 3.30pm</p> <p align="center"><b>From Mundane to Magic</b> 9am to 4pm (Wellbeing)</p> <p align="center"><b>Mantra Rolling</b> 10.00am to 3.00pm (Art Studio)</p>
<p><b>11</b></p>	<p><b>12</b></p> <p align="center"><b>Lama Tsong Khapa Day</b> Please see web-site for full details. <b>Guru Puja</b> 6.30pm</p>	<p><b>13</b></p>	<p><b>14</b></p> <p align="center"><b>Taste of Tibetan Buddhism</b> 1.15pm - 2.30pm</p> <p align="center"><b>Mind and Cognition</b> 6.30pm - 8.00pm</p>	<p><b>15</b></p> <p align="center"><b>400 Stanzas</b> 10.30am - 12noon <b>Guided Meditation</b> 1.15pm - 1.45pm</p> <p align="center"><b>Overflowing with Compassion: Chenrezig Retreat</b> Commences 6.30pm (Main Gompa)</p>	<p><b>16</b></p> <p align="center"><b>Overflowing with Compassion: Chenrezig Retreat</b> Continues (Main Gompa)</p> <p align="center"><b>Art Therapy for Wellbeing</b> 9am to 4:30pm (Wellbeing)</p> <p align="center"><b>For Tibet with Love: Dinner and Concert from 6pm</b> (Big Love Café )</p>	<p><b>17</b></p> <p align="center"><b>Overflowing with Compassion: Chenrezig Retreat</b> Concludes 4.30pm</p> <p align="center"><b>Dharma Club Family Day</b> 10am to 3pm (Wellbeing Centre)</p> <p align="center"><b>Dzambala Puja</b> 6:30pm</p>
<p><b>18</b></p>	<p><b>19</b></p>	<p><b>20</b></p>	<p><b>21</b></p> <p align="center"><b>Taste of Tibetan Buddhism</b> 1.15pm - 2.30pm</p> <p align="center"><b>Mind and Cognition</b> 6.30pm - 8.00pm</p>	<p><b>22</b></p> <p align="center"><b>400 Stanzas</b> 10.30am - 12noon <b>Guided Meditation</b> 1.15pm - 1.45pm</p>	<p><b>23</b></p> <p align="center"><b>Sanghata Sutra Writing</b> 9am (Main Gompa)</p>	<p><b>24</b></p> <p align="center"><b>Centre Closed</b></p>
<p><b>25</b></p> <p align="center"><b>Centre Closed</b></p>	<p><b>26</b></p> <p align="center"><b>Centre Closed</b> <b>Release and Renew Retreat</b> Commences 6:30pm</p> <p align="center"><b>Tara Puja</b> 4.30pm</p>	<p><b>27</b></p> <p align="center"><b>Centre Closed</b> <b>Release and Renew Retreat</b> Continues</p>	<p><b>28</b></p> <p align="center"><b>Release and Renew Retreat</b> Continues</p> <p align="center"><b>Guru Puja</b> 6:30pm</p>	<p><b>29</b></p> <p align="center"><b>Release and Renew Retreat</b> Continues</p>	<p><b>30</b></p> <p align="center"><b>Release and Renew Retreat</b> Continues</p>	<p><b>31</b></p> <p align="center"><b>Release and Renew Retreat</b> Concludes</p>