

August

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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www.chenrezig.com.au

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

This August we offer you plenty of courses to discover Buddhist thoughts and subjects. For our advanced practitioners, we have wonderful opportunities to further deepen your understanding and practice of Dharma. Those who took the Ksirtigarbha initiation with Lama Zopa Rinpoche during his visit in June are more than welcome to practice with us during the Ksirtigarbha Practice Weekend with Ven. Thubten Chokyi.

For everyone interested in our Discovering Buddhism or Advanced Study Program, please check the courses we are running this month.

We are happy to see you all at Chenrezig Institute.

Warm wishes from the program team.

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

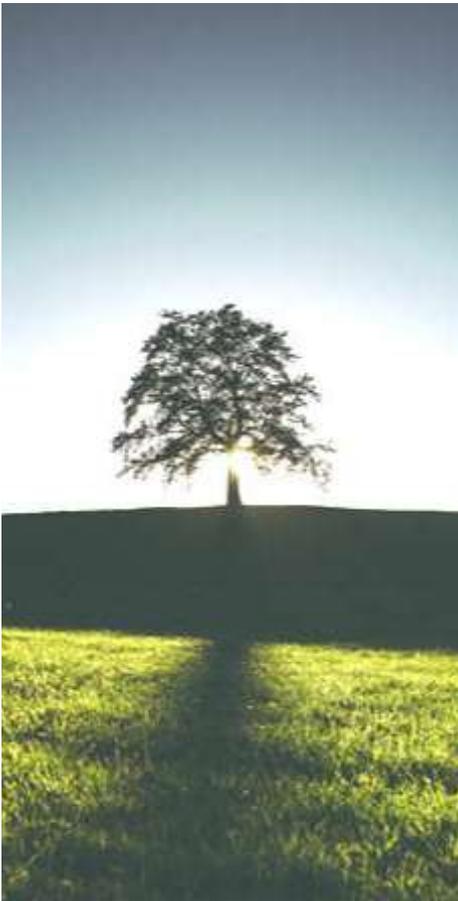
The Gubbi Gubbi people are the traditional custodians of this land. We pay our respects to the Elders of the past, present and future. They hold the memories, the traditions, the culture and hopes for Aboriginal Australia. We remember that this land is, was and always will be traditional Aboriginal land.

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.

Meditation



Calm Abiding Practice Day with Corey Jackson

An unruly mind is not only the cause of our own difficulties and suffering but also an obstacle to developing kindness and compassion for others. Unwanted distractions undermine our attempts to develop the wisdom and compassion necessary to achieve our potential and benefit those around us. Shamatha practice pacifies those distractions leaving the mind calm, clear and flexible.

Calm Abiding is the ideal practice for a busy life creating a strong and stable base of calm and relaxation we can return to whenever we are feeling stressed or overwhelmed. When we are feeling stronger it gives us the undistracted focus to be of greater benefit to ourselves and others.

Corey Jackson will support your developing practice gently leading you through a range of meditations and explaining how these support the Buddhist path.

Please wear loose comfortable clothing for sitting and a yoga mat if you would like to meditate in a laying down position.

**Saturday 4th August 9:00am - 3:30pm,
held in the Gompa at Chenrezig Institute.
Facility fee \$25**

**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



The Heart of the Path: The Four Noble Truths with Geshe Tsultrim and Ven. Chokyi

How do we find peace and happiness and cultivate it in the world around us? What are the causes of conflict and suffering that prevent us from doing so? In this weekend course with our precious resident Tibetan teacher Geshe Tsultrim, we explore the foundations of Buddhist thought - the Four Noble Truths.

These are not religious or esoteric ideals. They present a clear view of reality and practical methods of working with our own minds to transform our lives. They are often compared to the diagnosis and treatment of an illness: the Buddha showed how the problems we experience - pain, dissatisfaction, fear and unhappiness - can be understood and remedied.

"Suffering is the means the Buddha used to liberate himself, and it is also the means by which we can become free." (Thich Nhat Hanh)

Whether you are Buddhist or not, beginner or advanced student, the continual study of these principles is the key to leading a happy life. Come along to learn more about them, or deepen your understanding. All welcome.



Saturday 25th Aug 9:00am - Sunday 26th Aug 3:30pm, 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 2006. 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.

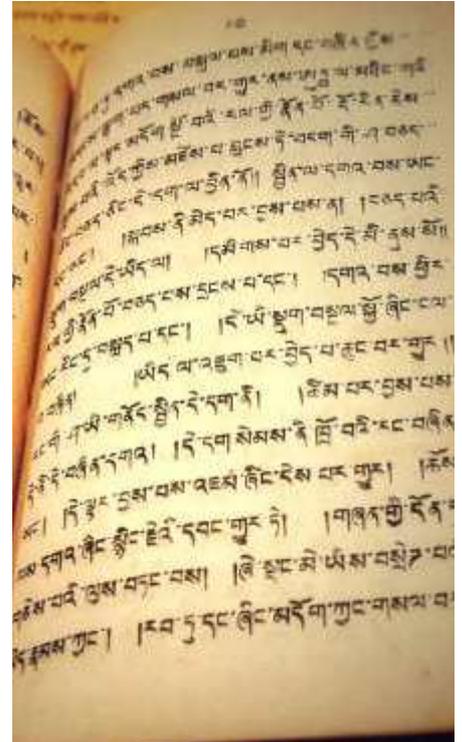
Thank you for disposing of me respectfully

Buddhist Teachings

Essential Essence Understanding and Enjoying Prayers in Tibetan with Corey Jackson

The Tibetan language has an ability to pour depth of meaning into a single word that is not possible in English. These layers of complexity add a richness that we can regain by returning to the source language. In this workshop, we will examine prayers we commonly recite in Tibetan and uncover their hidden meaning. We'll chant and meditate on the beauty of this sophisticated language and the gifts it holds.

Sunday 5th August 9:00am - 3:30pm,
held in the Tara Room at Chenrezig Institute.
Facility fee \$55.

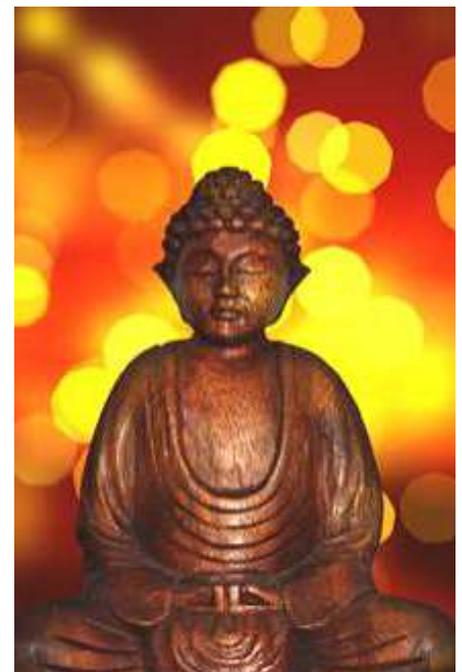


Corey Jackson worked in Australia and India as a Tibetan-English interpreter and has a degree in Sanskrit and Psychology from Sydney University where he was awarded the Khyentse Foundation prize for excellence in Buddhist studies.

Open Day Introductory Talk 'What the Buddha said' with Geshe Tsultrim and Ven. Kartsön

Google Buddha quotes on the internet and you'll come up with 54,200,000 results covering almost every subject from death to yoga. These days it seems you can find the words of the Buddha in Officeworks and Bunnings - or can you? The Buddha did have a lot to say and he gave advice on a wide variety of subjects. Come along to this introductory talk and find out more.

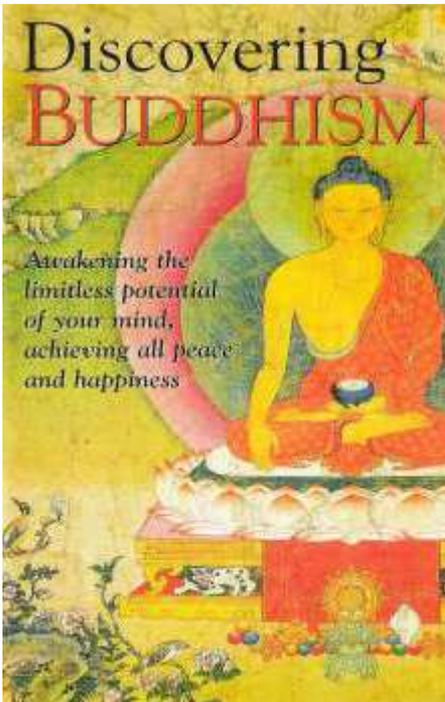
Sunday 5th August 2:00pm - 3:00pm,
held in the Gompa at Chenrezig Institute.
By donation, Everyone is welcome.



"If you look at the Buddhist scriptures, there are many occasions where someone comes to the Buddha and tells him that they've heard that he has made a certain statement. If the statement is not something the Buddha has said, he tended to put his questioner straight in no uncertain terms." Bodhipaksa fakebuddhaquotes.com

Thank you for disposing of me respectfully

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.

Please see our website for more details.

Ven. 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 - 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 - 12th September 2018

Part 2: 25th September - 10th October 2018

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

30th October - 21st November 2018

Please see our website for more details.

Including our new Tuesday and Wednesday format.

Thank you for disposing of me respectfully

Ongoing Study Programs

Intermediate Program Module Two, 2018

Discovering Buddhism: How to Meditate with Ven. Thubten Chokyi

"Meditation is the way we realize the nature of the mind." (Lama Yeshe)

Meditation has many benefits for both the body and mind. It encompasses a variety of techniques that aim to develop mindfulness, tranquility and insight. It is an essential component of the Buddhist path to mental well-being and lasting happiness.

In this teaching weekend of the second Discovering Buddhism module, you will learn about the benefits of meditation, the different types of meditation, how to sit properly, how to set up a meditation session, and how to recognise and deal with obstacles that may arise. The weekend includes teachings, meditation sessions and time for questions and discussion. If you have ever wanted to learn to meditate, this is the course for you!

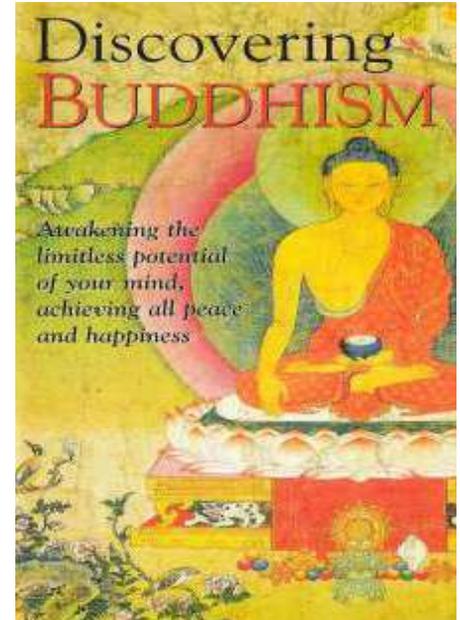
This is the *first part* of Module 2 of the Discovering Buddhism program. The *second part* is a practice weekend on the same topic one month later, on 8th and 9th of September.

Saturday 11th Aug 9:00am - Sunday 12th Aug 3:45pm,
held in the Gumpa at Chenrezig Institute.
Facility fee \$108*

Accommodation and meals available separately.

This Module will continue on the *second weekend* of the following month on *Sept 8th & 9th*.

Please see our website for more details.



Discovering Buddhism Loyalty Reward

In recognition of the ongoing commitment our Discovering Buddhism students make, Chenrezig Institute has created a Loyalty Reward Program. Students who complete five consecutive Discovering Buddhism weekend courses are welcome to attend the sixth Discovering Buddhism course in the series *with no course fee*.

Over the course of the program this Loyalty Reward equals nearly a 20% discount on course fees for this life changing course. This discount applies to the Facility

Ongoing Study Programs



Advanced Program Module One, 2018

The Heart of Wisdom Sutra

“Form is empty, emptiness is form; form is not other than emptiness, emptiness is not other than form ...”

The famous Heart Sutra reveals the truth of emptiness through a short exchange between two of the Buddha’s most illustrious disciples, Avalokiteshvara and Shariputra. Traditional commentary expands on the cryptic style of the sutra to clarify the nature of the wisdom, realizing emptiness and the ‘method’ practices which are its essential complements.

Geshela will lead us to a clearer understanding of emptiness according to the Middle Way Consequence School and show us how this short text includes all the paths for all levels of beings.

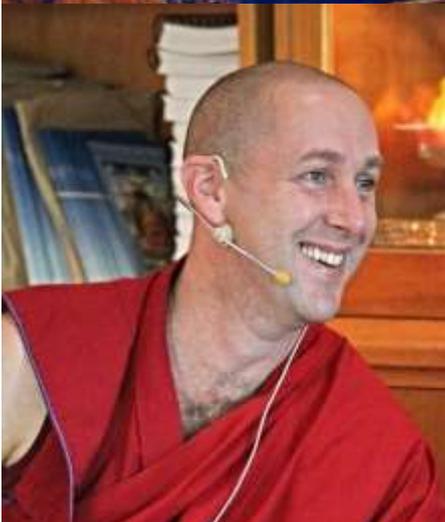
This profound subject will be offered as a full two-week intensive retreat-style module, with teachings, tutorials and meditations five days per week (Mon - Fri) and a break over the intervening weekend for assimilation or other activities.

23rd July - 3rd August (Monday to Friday only)

Facility fee \$160

10% discount for students attending the full retreat.

Accommodation and meals available separately.



The *Advanced Study Program* offered at Chenrezig Institute is a five year comprehensive, practice-oriented course of Buddhist Study for students wishing to extend their understanding of Buddhist thought and to receive a qualification enabling them to teach in FPMT centers.

Teachings are with our resident teacher, Geshe Phuntsok Tsultrim, personally chosen for Chenrezig Institute by Kyabje Lama Zopa Rinpoche. Geshela is assisted by experienced interpreter and Advanced Study Program graduate, Ven. Kartsön (aka Yaki Platt).

Thank you for disposing of me respectfully

Ongoing Study Programs

Advanced Program Module Two, 2018

The Bodhisattva's Way of Life: Wisdom and Dedication Chapters

"For as long as space endures, and for as long as living beings remain, until then may I too abide, to dispel the misery of the world." (Shantideva)

The teaching on the bodhisattva's deeds is based on Shantideva's inspirational verses on Mahayana aspiration and practice, composed more than a thousand years ago and still widely regarded as the most authentic and complete guide for the practitioner dedicated to the enlightenment of all beings.

This module will focus on the final two chapters of this beautiful text, the chapters on the sixth perfection, wisdom and the dedication chapter. It is of course important for those who studied the first 8 chapters of the Guide to the Bodhisattva's Way of Life in 2016 but also profound and very important as a standalone subject.

It will be offered in a *new format* on Tuesdays and Wednesdays over seven weeks (with a break of one week after the initial four weeks).

Tuesday 21st Aug 9:00am - Wednesday 22nd Aug 5:00pm

Tuesday 28th Aug 9:00am - Wednesday 29th Aug 5:00pm

Tuesday 4th Sept 9:00am - Wednesday 5th Sept 5:00pm

Tuesday 11th Sept 9:00am - Wednesday 12th Sept 5:00pm

Tuesday 25th Sept 9:00am - Wednesday 26th Sept 5:00pm

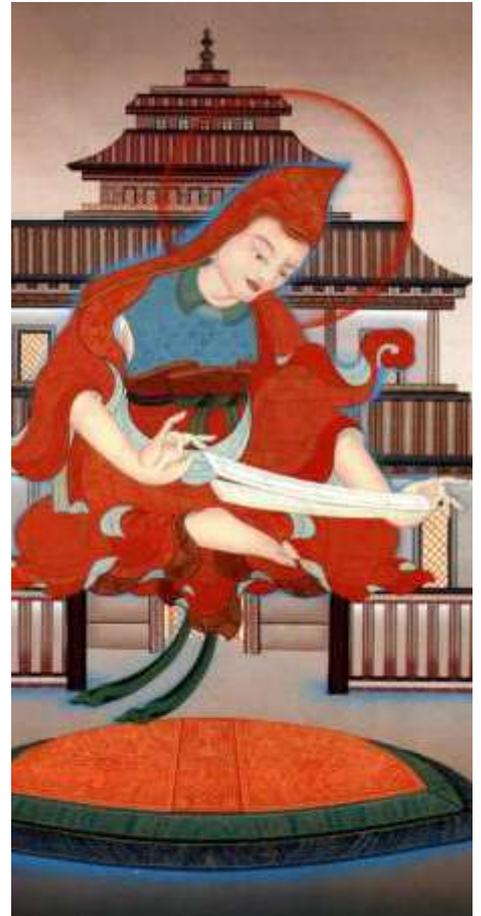
Tuesday 2nd Oct 9:00am - Wednesday 3rd Oct 5:00pm

Tuesday 9th Oct 9:00am - Wednesday 10th Oct 5:00pm

Facility fee \$420

10% discount for students attending the full retreat.

Accommodation and meals available separately.



A new study format and better work life balance

The schedule for this module will be two full days per week, Tuesday and Wednesday. There will be two teachings each day by Geshela as well as a tutorial and meditation. Students are encouraged to stay onsite and supplement their study with discussion and other community practice. We believe this will give students more opportunity to absorb the material and balance study with their other activities.

Ongoing Study Programs

Advanced Program Module Three, 2018

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

Death, intermediate state and rebirth underpin samsara, the condition of repeated rebirth impelled by previous action and delusion. But they are also the three 'basic bodies' of Highest Yoga Tantra practice, forming the bases for altruistic transformation into the Truth, Enjoyment and Emanation Bodies of a Buddha.

This fascinating subject explains the entire death process and teaches us how to use that process in the best way, ultimately to attain the enlightened state of a Buddha.

This module will be offered two days a week over four weeks

Tuesday 30th Oct 9:00am - Wednesday 31st Oct 5:00pm

Tuesday 6th Nov 9:00am - Wednesday 7th Nov 5:00pm

Tuesday 13th Nov 9:00am - Wednesday 14th Nov 5:00pm

Tuesday 20th Nov 9:00am - Wednesday 21st Nov 5:00pm

Facility fee \$240

10% discount for students attending the full retreat.

Accommodation and meals available separately.

The Advanced Study Program offered at Chenrezig Institute is a five year comprehensive, practice-oriented course of Buddhist Study for students wishing to extend their understanding of Buddhist thought and to receive a qualification enabling them to teach in FPMT centers.

Teachings are with our resident teacher, Geshe Phuntsok Tsultrim, personally chosen for Chenrezig Institute by Kyabje Lama Zopa Rinpoche. Geshela is assisted by experienced interpreter and Advanced Study Program graduate, Ven. Kartsön (aka Yaki Platt).



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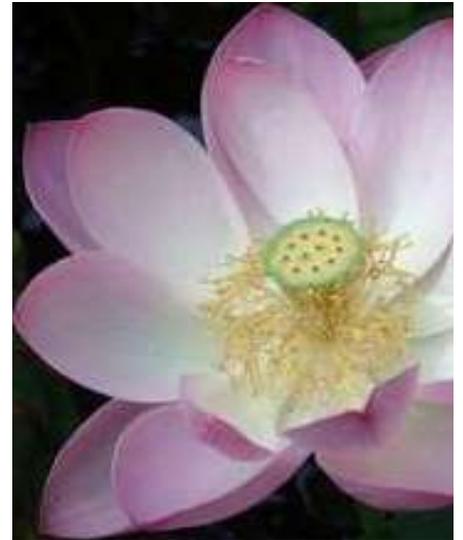
There will be two teachings each day by Geshela as well as a tutorial and meditation. Students are encouraged to stay onsite and supplement their study with discussion and other community practice. We believe this will give students more opportunity to absorb the material and balance study with their other activities.

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 - 2:30pm,
held in the Tara Room under the Gompa. By donation.**



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 the meditation after lunch. Please check our calendar as retreats and teachings may effect these sessions.

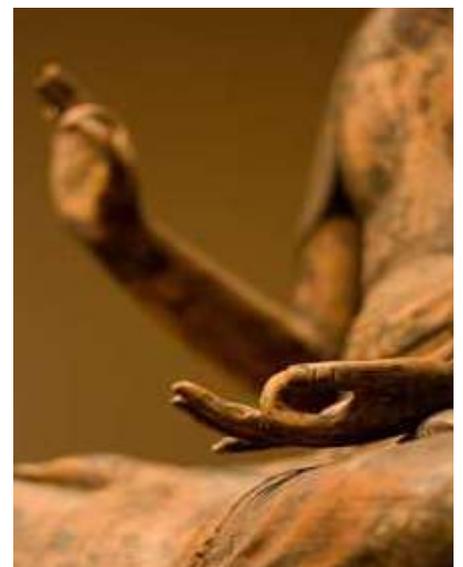
**Fridays, 1:15pm - 1:45pm,
held in the Gompa. By donation.**



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.



Weekly Programs with Geshe Tsul trim

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 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 'Four Hundred 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 - 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 - 12:00pm,
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 5th August 1:00pm - 4:00pm,
held in the Art Studio at Chenrezig Institute. By donation.**

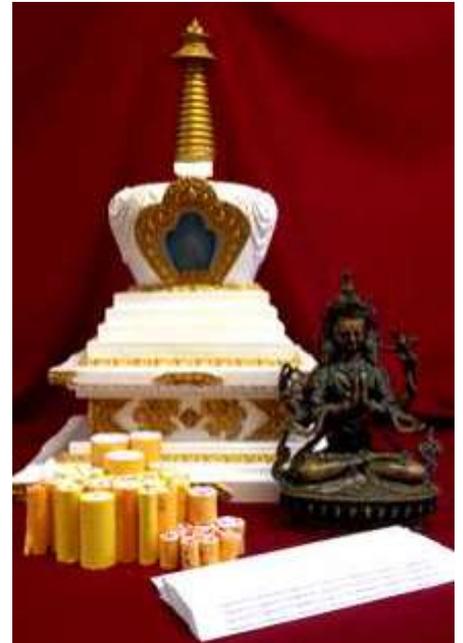


Mantra-Rolling Workshop

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 12th August 10:00am - 3:00pm,
held in the Art Studio at Chenrezig Institute.
By donation.**



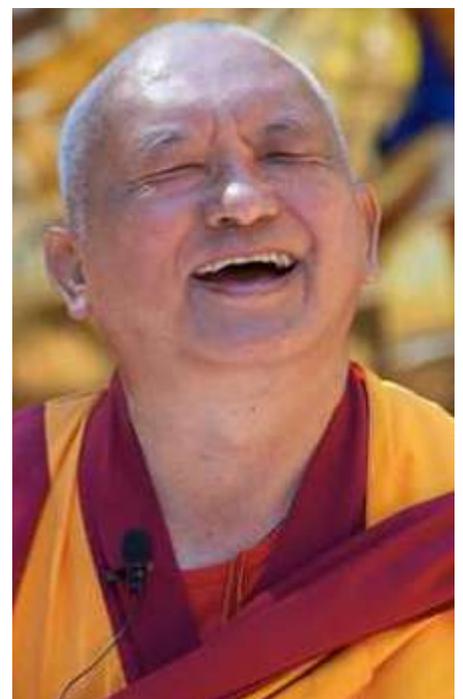
Sutra Reading and Writing

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

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

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

**Saturday 11th August from 10:30am onwards,
held in the Tara Room. This activity is by donation.
Lunch in the Big Love Café is \$12.50pp.**



Traditional Arts and Rituals

Most Secret Hayagriva Practice Weekend with Ven. Thubten Chokyi

In June, Lama Zopa Rinpoche visited Chenrezig Institute to offer the Most Secret Hayagriva Initiation and share the connection of this powerful lineage with us. This month Chenrezig Institute provides an opportunity for those recently (and less recently) initiated to further explore and deepen their practice. Ven. Chokyi will gently guide us through several practice sessions of the Most Secret Hayagriva practice creating the powerful karma of practicing together.

This practice is especially beneficial for removing obstacles to Dharma practice.

This weekend is suitable for all those who have previously received a Most Secret Hayagriva initiation and would like to develop confidence in the practice.

The course will involve getting to know this deity better and understanding the benefits of the practice. We'll cover practical aspects such as setting up the altar and offerings as well as exploring visualisations, meditations, and the deity mantra so that we can develop his qualities and extend them outwardly to others.

We'll review footage from Lama Zopa Rinpoche's teaching and seed a community of practitioners who share the inspiring commitment.

Saturday 18th Aug 9:00 am - Sunday 19th Aug 3:45 pm, held in the Gompa at Chenrezig Institute.

Facility fee \$108

Accommodation and meals available separately.



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.

Thank you for disposing of me respectfully

Traditional Arts and Rituals

Cittamani Tara and Twenty One Taras: An Inspirational Art Retreat with Andy Weber

Join International artist Andy Weber as he shares the most popular prayer of Tibetan Buddhists, bringing the Buddha in female form to invoke blessings.

Each Tara has the power to overcome specific obstacles and hindrances, be they personal like wanting children or starting a successful business venture. Or more collectively to overcome plagues, famine, to overt disputes and war.

Advanced students will be able to focus on painting all Twenty One Taras while beginners may concentrate on “Northerma”, the golden yellow Tara who eliminates poverty.

Meditation, mantras and daily recitation of the ‘Praises to Twenty One Taras’ will make this course a unique and deeply rich experience. Hands-on-tuition will be given for drawing and painting techniques. And we will make colour charts with modern paints to simplify the painting process.

The end result is not as important as the path of getting there. Genuine perseverance and devotion to the subject are the important qualities students should bring along.

Friday 14th Sept 6:30pm - Wednesday 19th Sept 12:00pm, held in the Art Studio at Chenrezig Institute.

Fri 14th 6:30pm - 8:30pm Introductory Session

Sat 15th Short Film on the Art Work for Garje Khamtrul Rinpoche (open to guests)

Facility fee **\$200** for the weekend (until Sunday 16th Sept 5:00pm)
\$300 for the entire retreat

Food, accommodation and art materials are available separately.

After the course: Our Art Studio team will be on hand throughout the course to make sure you have everything you need. At the conclusion of the course you'll be welcome to join other artists who regularly use the space to complete your painting, or join in with regular workshops on drawing, mantra rolling, stupa making, tsa tsa painting.



Andy Weber spent seven years living and studying the iconographical art of Tibetan Buddhism under the guidance of accomplished masters in India and Nepal. He has over 35 years of experience and teaches all over the world.



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.

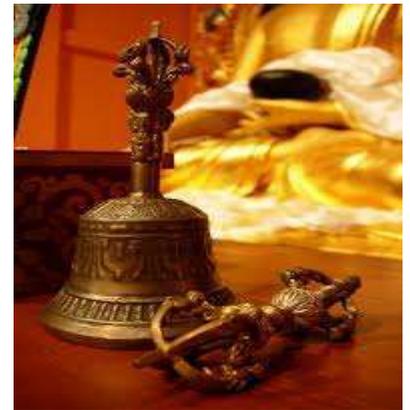
6th and 21st Aug from 6:30pm in the Gompa



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.

18th Aug 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.

12th July from 9:30am - 3:00pm in the Tara Room



Making Offerings

Students are welcome to bring offerings for the altar or for our Buddha statues and holy objects.

Rinpoche also advised to offer flowering plants that can be put in the garden after the Puja to benefit the beings in the garden.



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.

5th Aug from 6:30pm in the Gompa



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.

26th Aug from 6:30pm in the Gompa

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 25th Aug 9:00am - Sunday 26th Aug 4:00pm,
held at the Wellbeing Centre at Chenrezig Institute.
Facility fee \$150**

**Meals and accommodation available separately.
10% discount for concession card holders**



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.

Wellbeing Program



Return to Stillness

Yin Yoga Retreat with Annie McGhee

Yin yoga is a perfect counterbalance to our busy lives. It allows us to drop into 'being' rather than 'doing' by holding poses longer and passively. Yin practice is deeply nourishing and has myriad benefits for both body and mind. Yin sequences improve the flow of energy into the internal organs and tissues around the joints where it may have become stagnant.

Through the practice of Yin yoga, we can successfully combine both asanas and meditation into a deeply transformative practice.

Friday 10th Aug 6:30pm - Saturday 11th Aug 4:30pm & Friday 31st Aug 6:30pm - Saturday 1st Sep 4:30pm held at the Wellbeing Centre. Facility fee \$75 (for each weekend)

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.



The Voice of Nature:

Environmental Art Workshop with Jono Bateman

Nature is speaking to us. Are we listening? Walk into the natural landscape and be inspired by the story of hope, growth, transformation and regeneration unfolding. Discover the universal ideas that weave nature and humans together and find expression for what moves you in the natural world. Back in the Wellbeing Centre, with Jono's guidance, you will get to create your own art piece, by reflecting on your discoveries from the morning spent by the rainforest creek. Suitable for everyone who shares our planet. No creative or artistic experience necessary. All materials supplied. Wear comfortable walking shoes.

Sunday 12th Aug 9:00am - 4:30pm, held at the Wellbeing Centre at Chenrezig Institute. Facility fee \$75

Jono Bateman has been exhibiting environmental art for 12 years. His art is an extension of his work as a bush regenerator and land care advocate.

Weekly Wellbeing



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 4:00pm - 5:00pm

Wellbeing Centre

Facility fee: \$12 per class



Community and Social Events

Chenrezig Yarning Group

Join us in the Big Love Café 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 would love to have your knitting donations of blanket squares, knitting needles and wool. Please get in touch to find out more by contacting: info@chenrezig.com.au.

**Friday August 3rd, 17th and 31st 2:00pm - 3:00pm,
held in the Big Love Café.**



Community 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 will 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 Gompa and it is surroundings. Please wear comfortable shoes and clothes you can create and have fun in.

Sunday August 5th 9:00am - 10:00am. 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 book by 10:00am.

Community and Social Events



Welcome Day - Sunday 5th August

Welcome Days are filled with opportunities to explore what Chenrezig Institute has to offer. Bring the whole family for a relaxing day out! Start the day by heading into reception where our friendly team will welcome you with a map and answer any questions you have about the day's program.

Between **9:00am and 10:00am** younger family members will enjoy the fun activities in our Kind Kids program. Alternatively allow yourself to unwind and relax as you wander to the Garden of Enlightenment to see the building that drew His Holiness the Dalai Lama here in 2011.

Between **10:30am and 11:30am** one of Chenrezig Institute's resident nuns will welcome you to our temple (Gompa) and after a short introduction share a peaceful guided meditation.

Wander down past the Bodhi tree and browse in our Buddhist book and gift shop before joining us for a delicious vegetarian **lunch in the Big Love Café**.

Relax in the sun on the prayer wheel lawn with relaxing music and a cool drink before heading back to the temple for Geshe Tsultrim's Introductory Talk "*What the Buddha Said*" at **2:00pm**.

Refresh yourself with our famous chai and cake for **afternoon tea** before visiting our **Art Studio in the afternoon** for a workshop on traditional Buddhist painting that everyone can enjoy.

All activities on Welcome Day are freely offered, with the exception of Lunch in the Big Love Café which is \$12.50pp.

Please book your lunch by 10:00am on the day of the event so that we can prepare something delicious for you.



Pilgrimage to Japan



Walking the ancient pilgrimage trail of Kumano Kodo, temple stay at Mt. Koya, visits to Nara and Kyoto with Ven. Kartsön

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 led by Ven. Kartsön (Yaki Platt) and Ekno's Sharon Thrupp. Starting in Brisbane we will 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 is 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 Mt. 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 women's pilgrimage circuit which you may wish to complete during your stay.

Tour Leader Ven. Kartsön

Born in Israel, trained in Tibetan language and Buddhist Philosophy in India and calling Australia home, Ven. Kartsön 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 will raise 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 shortcuts we will walk 54km over four days, but with two guides with the group whichever 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.

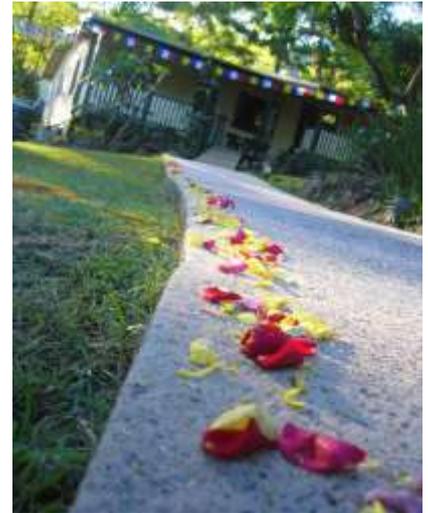
This pilgrimage will raise funds for Chenrezig Institute.

To find out more contact Sharon: tour@eknotravels.com.au or visit: www.eknotravels.com

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.

Shop Opening Hours: **Thurs - Fri: 10:00am - 2:00pm**
 Sat - Sun: 8:30am - 3:00pm



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 will not be disappointed.



Café Opening Hours:
Thursday to Sunday: 7:00am - 6:30pm
Breakfast: 7:00am - 8:00am
Lunch: 12:00pm - 1:00pm
Supper: 5:30pm - 6:30pm

August						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
July 30th Advanced Program Module 1 Continues	July 31st Advanced Program Module 1 Continues	1 Advanced Program Module 1 Continues	2 Advanced Program Module 1 Continues Taste of Tibetan Buddhism 1:15pm - 2:30pm (Tara Room) Yoga with Baillie 4:30pm - 5:30pm (Wellbeing) Lorig Teachings 6:30pm - 8:00pm	3 Advanced Program Module 1 Concludes 400 Verses Teachings 10:30am - 12:00pm Guided Meditation 1:15pm - 1:45pm (Tara Room) Yarning Group 2:00pm - 3:00pm (Big Love Café)	4 Calm Abiding Practice Day 9:00am - 3:30pm	5 Kind Kids Program 9:00am - 10:00am (Wellbeing) Welcome Day from 10:00am onwards Open Day Introductory Talk 2:00pm - 3:00pm Essential Essence: Understanding and Enjoying Prayers in Tibetan 9:00am - 3:30pm (Tara Room) Dzambala Puja 6:30pm
6 Guru Puja 6:30pm	7	8	9 Taste of Tibetan Buddhism 1:15pm - 2:30pm (Tara Room) Gompa Clean Up 1:30pm - 2:30pm Yoga with Baillie 4:30pm - 5:30pm (Wellbeing) Lorig Teachings with Geshela 6:30pm - 8:00pm	10 Yin Yoga Retreat Commences 6:30pm (Wellbeing) 400 Verses Teachings 10:30am - 12:00pm Guided Meditation 1:15pm - 1:45pm (Tara Room)	11 Discovering Buddhism Module 2 (Teaching) Commences 9:00pm Yin Yoga Retreat Concludes 4:30pm (Wellbeing) Sutra Reading and Writing from 10:30am onwards (Tara Room)	12 Discovering Buddhism Module 2 (Teaching) Concludes 3:45pm The Voice of Nature: Environmental Art 10:30am - 4:30pm (Wellbeing) Vajrayogini Practice 9:30am - 3:00pm (Tara Room) Mantra Rolling 10:00am - 3:00pm (Art Studio)
13	14	15	16 Taste of Tibetan Buddhism 1:15pm - 2:30pm (Tara Room) Gompa Clean Up 1:30pm - 2:30pm Yoga with Baillie 4:30pm - 5:30pm (Wellbeing) Lorig Teachings 6:30pm - 8:00pm	17 400 Verses Teachings 10:30 am - 12:00pm Guided Meditation 1:15pm - 1:45pm (Tara Room) Yarning Group 2:00pm - 3:00pm (Big Love Café)	18 Most Secret Hayagriva Practice Weekend Commences: 9:00am Tara Puja 6:30pm	19 Most Secret Hayagriva Practice Weekend Concludes: 3:45pm
20	21 Advanced Program Module 2 Guru Puja 6:30pm	22 Advanced Program Module 2 Concludes	23 Taste of Tibetan Buddhism 1:15pm - 2:30pm (Tara Room) Gompa Clean Up 1:30pm - 2:30pm Lorig Teachings 6:30pm - 8:00pm	24 400 Verses Teachings 10:30 am - 12:00pm Guided Meditation 1:15pm - 1:45pm (Tara Room)	25 The Four Noble Truth Commences: 9:00am Healing from Within Commences 9:00am (Wellbeing)	26 The Four Noble Truth Concludes: 3:30pm Healing from Within Concludes 4:00pm (Wellbeing) Medicine Buddha Puja 6:30pm
27	28 Advanced Program Module 2	29 Advanced Program Module 2 Concludes	30 Taste of Tibetan Buddhism 1:15pm - 2:30pm (Tara Room) Gompa Clean Up 1:30pm - 2:30pm Yoga with Baillie 4:30pm - 5:30pm (Wellbeing) Lorig Teachings 6:30pm - 8:00pm	31 Yin Yoga Retreat Commences 6:30pm (Wellbeing) 400 Verses Teachings 10:30 am - 12:00pm Guided Meditation 1:15pm - 1:45pm (Tara Room) Yarning Group 2:00pm - 3:00pm (Big Love Café)	September 1st Yin Yoga Retreat Concludes: 4:30pm (Wellbeing)	