

October

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

October is here and full of great new courses - like "Buddhism in a Busy Life" where Geshe Tsultrim introduces us to the Five (Super) Powers. There are some familiar faces returning too with Karl Grattons course "Free your Mind" and Ven. Tony's new teaching series - "Buddhist Beliefs" A great way to explore new ideas and enjoy our community.

This month we also say thank you to our precious 1000 Arms of Chenrezig members with our annual Puja and Birthday celebration for Geshe Tsultrim. We'd love to see you there and share a chai with all of you.

Hope to see you soon on the hill!

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 and Buddhist Teachings



Free your Mind with Karl Gratton

With the heavy weight of social expectations, life can feel like a series of tests we need to pass to fit in. But what if we could think outside the boxes we're squeezed into and connect with the very core of our own experience – our minds?

In this introductory course, Karl will share some simple meditations to calm and stabilize our busy "Monkey Mind" so that we can make clear choices and have a positive effect on ourselves and others. There'll be plenty of time for questions and discussion.

Saturday 20th Oct 9:00am - 3:30pm,
held in the Gompa at Chenrezig Institute.
Facility fee \$55

Karl Gratton attended the Advanced Study Programme at Chenrezig Institute and was ordained nine years as a monk at Sera Jey monastery and the Library of Tibetan Works and Archives. Now back in Australia he is pursuing his interest in a compassionate approach to life through his study of Counselling and Sociology at Griffith University.



Buddhist Beliefs: The Meaning of Life with Ven. Tony Beaumont

Join us for a morning of conversation, questions and meditation as Ven. Tony shares key concepts and beliefs that inform a Buddhist approach to life. Everyone is welcome.

In today's sessions we'll explore the big question of the meaning of life and what that means at a day to day level for most Buddhists. The session will end with a guided meditation as a way of exploring this concept.

Sunday 21st Oct 9:30am - 12:00pm,
held in the Gompa at Chenrezig Institute.
Facility fee \$20.

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.

Buddhist Teachings

Buddhism in a Busy Life: The Five Powers with Geshe Tsultrim and Ven. Chokyi

The Five powers are a recipe for squeezing the Buddha's teachings into our already overcrowded lives. If we're struggling to find time for meditation or study, these simple but profound tools will provide us with a structure and motivation so that we can make our lives happy and meaningful - even when doing the dishes.

"When you practice the five powers, every single thing you do is only for numberless sentient beings and therefore, everything you do only becomes the cause for achieving the peerless happiness of full enlightenment. This is the greatest profit that can be achieved with this life and so this practice is the most beneficial one for achieving peerless happiness.

It means that every single action you do, whether it is meditation and prayers or doing your job, becomes the cause of happiness for all sentient beings...This means that you will have the best, happiest life now and also the best, happiest life in the future – like the sun shining in this world and eliminating all darkness."

– Lama Zopa Rinpoche

Throughout this weekend course Geshela's extensive knowledge will be complimented by Ven. Chokyi's down to earth approach to practice - a powerful combination to support you in your development.

Saturday 27th Oct 9:00am - Sunday 28th 3:30pm, held in the Gompa at Chenrezig Institute.

Facility Fee: \$108

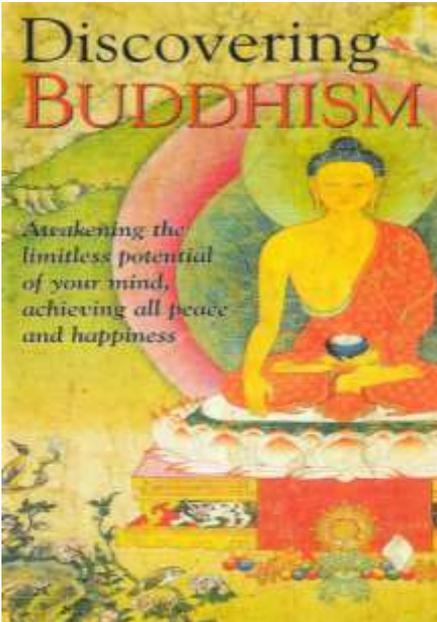
Meals and accommodation are available separately.



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

Ongoing Study Programs



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 Fee. Meals and accommodation are available separately.

Intermediate Program Module Three, 2018

Discovering Buddhism: Presenting the Path with Ven. Chokyi

During the course of his lifetime, the Buddha gave thousands of teachings. The key to beginning to understand them is knowing an appropriate order in which to study them. Realising this, a succession of great Buddhist scholars arranged all the teachings of the Buddha into a clear and easily accessible system called the “lam-rim chenmo”, or graduated path to enlightenment. This map of the Buddha’s teachings forms the heart of Tibetan Buddhism.

This third module of Discovering Buddhism presents the progressive, step-like structure of the lam-rim, its three scopes, where you fit in at your present stage of spiritual development, what you need to do next, and how to get from here to enlightenment. If you participate in the whole Discovering Buddhism program, this module provides the context for the entire series.

This is the first part of Module 3 of the Discovering Buddhism program. The second part is a practice weekend on the same topic one month later, on 10th and 11th of November. This course provides a fundamental grounding in Buddhist studies. The weekend includes teachings, meditation sessions, and time for discussion. It is suitable for everyone, and anyone is welcome to attend.

**Saturday 13th October 9:00 am – Sunday 14th October 3:45 pm, held in the Gompa at Chenrezig Institute.
Facility fee \$108***

Accommodation and meals available separately.

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 three days a week over two weeks.

Tuesday 30th Oct 9:30am - Thursday 1st Nov 5:00pm

Tuesday 6th Nov 9:30am - Thursday 8th Nov 5:00pm

Facility fee \$200

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).



A new study format and better work life balance

The schedule for this module will be three full days per week, Tuesday to Thursday. 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.

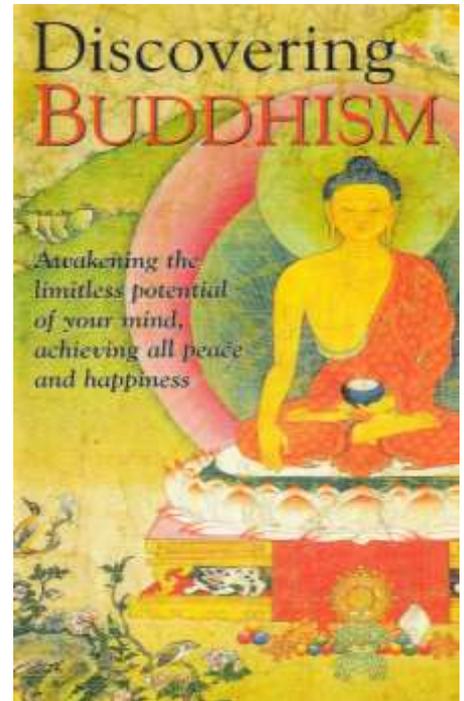
Ongoing Study Programs in 2018

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.

New students can join the program throughout or attend for individual weekend teachings or retreats.

In 2018 the Discovering Buddhism Program will be taught by Ven. Chokyi.



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

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 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 two and three day a week formats.

Online study of these modules is also available.



End of Year Retreat



**Wednesday 26th December,
6.30 pm to Monday 31st,
9.00 am.**

Facility fee \$275

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

*Having met the Dharma in
1990, Venerable Chokyi
ordained in 2006. She is a
resident teacher at Chenrezig
Institute where she has been
leading meditation and
retreats for many years.*

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. You will enjoy the tranquil ebb and flow of a traditional Buddhist retreat and be supported in your journey with like-minded 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!

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.

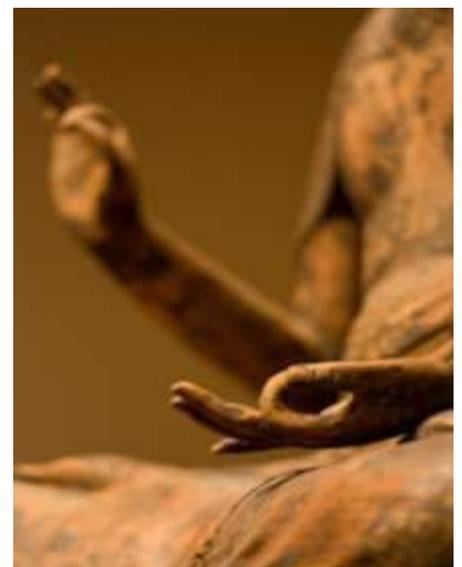
**Fridays, 1:15pm - 1:45pm,
held in the Gompa. By donation.**



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 Teachings 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.

Daily Practice with Chenrezig Sangha

Morning and Evening Dharma Practice with Chenrezig Sangha Community

Visitors and community members are welcome to join the Sangha community as they complete morning and evening Dharma practice together. Based on the advice of our Spiritual Director, Lama Zopa Rinpoche, our community is now holding daily practice sessions.

These sessions are an opportunity for us to practice alongside the Sangha, recognising the combined effort of all to create a flourishing Dharma community.

Our practice together also reminds us that it is in dependence upon all sentient beings, particularly those whom we come into contact with everyday, that we develop the perfections, in particular generosity and patience. We can all thank each other for these precious opportunities to continue to grow and open our hearts and minds.

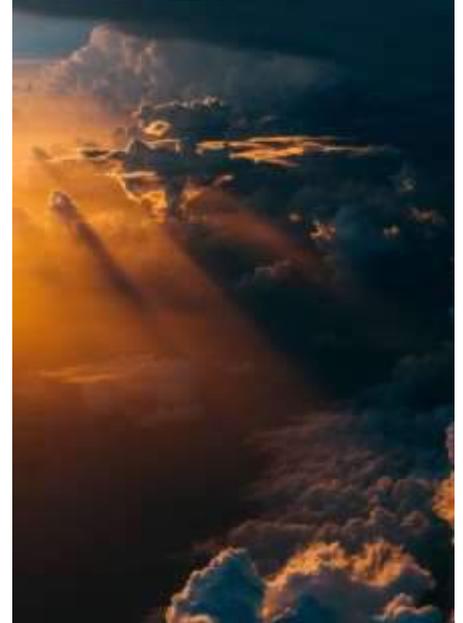
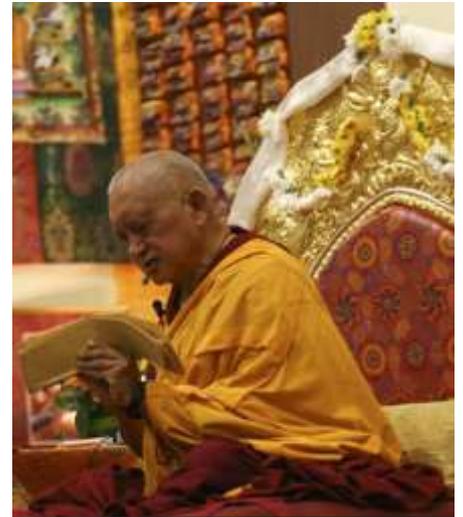
In the morning sessions from 7:30am we complete practices for:

- Blessing our speech to create positive karma
- Purifying negative karma (prostrations to the 35 Buddhas)
- Strengthening our connection to our spiritual teachers and reviewing the stages of the path (Guru Puja)

In the evening sessions from 6:00pm we complete practices for:

- Strengthening our connection to our spiritual teachers (Lama Tsongkhapa Guru Yoga)
- Purifying negative karma (Vajrasattva Practice)
- Protecting from harm and clearing obstacles to practice (Protector Prayers)

These sessions include both English and chanting of mantras in Tibetan and Sanskrit and typically take one hour.



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 7th October 1:00pm - 4:00pm,
held in the Art Studio at Chenrezig Institute. By donation.**

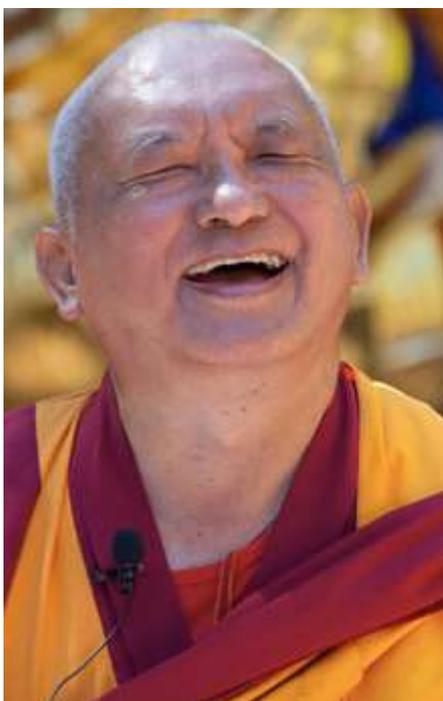


Mantra-Rolling Workshop

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 14th October 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 13th October from 10:30am onwards,
held in the Tara Room. This activity is by donation.
Lunch in the Big Love Café is \$12.50pp.**

Celebration

The 1000 Arms of Chenrezig Members Puja and Geshe Tsultrim's Birthday Celebration

The 1000 Arms of Chenrezig Institute provides vital funds to support the growth and flourishing of the Buddhas teachings in Australia and beyond. Through their generosity they provide a stable basis for Chenrezig Institute to deliver its programs, maintain its facilities and care for our precious teachers and sangha.

"However many members a centre has, that many people are making this incredible contribution to the world" Lama Zopa Rinpoche

On Sunday 7th October we'll be honouring the 1000 Arms of Chenrezig Institute with a special Guru Puja dedicated to their long and happy lives. Members are invited to join us and share this special event and make their own personal dedications.

Following the Puja there will be a special lunch to celebrate Geshe Tsultrim's Birthday. Although like many Tibetans Geshela doesn't traditionally celebrate his birthday, this is a precious opportunity for students to create a connection with Geshela by sharing our Australian custom. Please come along and help us create the karma for a long and beneficial relationship with Geshela. If you haven't had the pleasure of meeting him yet this is a wonderful opportunity.

Members Puja Sunday 7th October 9:00am - 12:00pm, held in the Gompa at Chenrezig Institute.

All 1000 Arms members are very welcome.

Birthday Lunch is available in the café from 12 noon for \$12.50 per person.

Please book by 10.00am and let us know if you'll need a dairy free or gluten free lunch.





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.

4th Oct from 4pm in Tara Room and 19th Oct 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.

17th Oct 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.

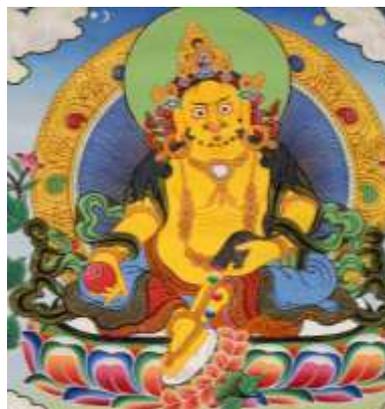
14th Oct from 9:30am - 3:00pm in the Tara Room



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.

7th Oct 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.

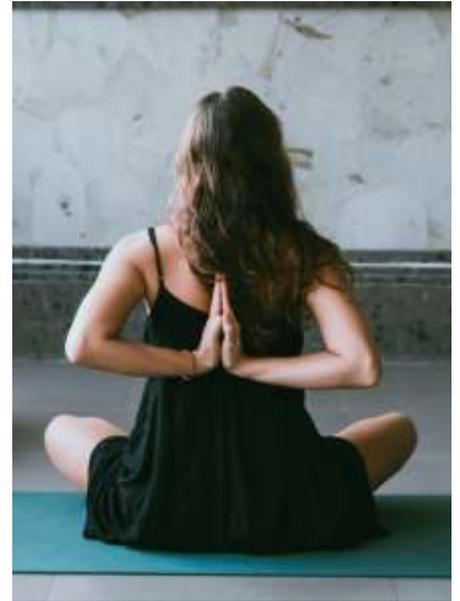
24th Oct from 6:30pm in the Gompa

Wellbeing Weekly Yoga

Bliss by Yoga with Baillie

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

**Thursday 11th and 25th October 4:00pm - 5:00pm,
held at the Wellbeing Centre at Chenrezig Institute.
Facility fee: \$12 per class**



Baillie left behind a successful role in the high stress world of financial planning 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. She is keen to share the physical and emotional benefits of yoga.

NEW Creative Writing Course



Develop your imagination by writing! Writing is a powerful tool for development and transformation. In today's ever-changing world, we need to make sense of it all, and what better way to do this, than by writing about it.

In our inaugural writing group, we will set out to explore our outer and inner journeys through the power of the pen. Whether you've got a story in your head that you've been dying to tell or simply want the companionship of likeminded people, this group will explore the written word. All levels of experience (or none) are welcome. There'll be time to discuss and share ideas, and complete your work at your own pace for the next meeting. Bring your own pens, paper and laptop.

**Sunday 28th Oct 10:30am - 12:00pm, held in the Tara Room.
This course is freely offered by the Chenrezig Institute community when you register via www.chenrezig.com.au
Meals and accommodation are available separately.**

Sharon Thrupp has spent many years living in India and writing about her experiences through short stories and blogs. She has organized Pilgrimages for Chenrezig Institute over the past 7 years sharing her journey <https://unpluggedinindia.wordpress.com/>.

Wellbeing Program



Ruth Donnelly is a Buddhist Psychotherapist. 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 others.

*Tibetan Joyful Dance is taught by Traditional Performing Arts Instructors **Tsering Dolker and Topgyal Gontse**. They have Khaita Instructor Diplomas from the Shang Shung Foundation, and have also been awarded diplomas by the CID (International Dance Council, affiliated with UNESCO).*

Healing From Within: Relaxation, Awareness and Transformation with Ruth Donnelly

It's time to nurture your spirit with the deep personal reflection only accessed through meditation and artistic expression. Take four precious days to slow down and connect with your deepest intuition.

In this inspiring retreat participants will explore their unique experience through clay work, drawing and visualisation, yoga and Tibetan Joyful Dance alongside the easy-to-learn self-healing tools of Transformative Mindfulness. These tools are simple, effective, and suitable for people of all 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

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!

Please bring along a yoga mat and blanket for relaxation and wear loose comfortable clothes.

Thursday 18th Oct 10:00 am - Sunday 21st Oct 4:00pm, held at the Wellbeing Centre at Chenrezig Institute.

Facility fee \$300

Meals and accommodation available separately.

Extended Yoga Courses



Live in Stillness: Yin Yoga Retreat with Annie McGhee

Immerse yourself in this deeply nourishing weekend practice of Yin, and experience a shift as mindfulness-based principles are incorporated to create a sense of calmness and reflection.

The longer and passively held poses in the meditative practice of Yin yoga are the perfect counterbalance for you in your busy life. Using props to fully support the body, you can relax and completely let go and sink deeper and soften into the pose in order to experience stillness of the body and the mind.

In these poses we move beyond the muscles, which are Yang, as they're soft & elastic, into the Yin connective tissues (the ligaments & the fascia), which are stiff & inelastic. By keeping the muscles soft, we release deeper layers of connective tissue, increasing mobility in the body, especially in the joints and hips, which tighten up due to prolonged sitting and standing.

On a subtler level, the Yin sequences improve the flow of prana (chi/life-force) through the energy channels (nadis/meridians) into the internal organs and tissues around the joints, where energy may have become stagnant. Through the practice of Yin yoga, we can successfully combine both asanas and meditation into a deeply transformative practice.

Please wear loose, comfortable, modest clothing. If you have your own mat, please bring it. Suitable for all levels.

Friday 12th October 6.30pm to Sunday 14th October 4.30pm, held in the Wellbeing Centre at Chenrezig Institute.

Facility Fee: \$120

Meals and accommodation available separately. Annie recommends her students stay on site to gain the most possible benefit from this retreat.

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. She inspires students to develop an open-hearted approach to life.

Annie's courses usually sell out so please enrol early to avoid disappointment.

Mental Balance in Movement



Stillness in Motion Yoga Retreat, March 17 - 27 2019 with Pema Yoga

Learn methods to find a balanced quality of being through integrating movement of the body and stillness of the mind. We will practice a range of movement modalities from hatha and yin yoga to unblock the body and start to develop strength - thus building a platform from which to develop a calm, focused and sharp mind.

Drawing from modern scientific research on emotions, we'll explore a superbly practical framework to understand emotions like anger and fear so that we can face them intelligently - with more options. To be able to ride the wave and not be swept away!

These two approaches are synergistic - constructively working with our emotions creates less physical blockages whilst engaging in accessible movement practices provides a conducive platform to unwind the mind. This is a rare opportunity for valuable reflection and practice.

Queensland Mental Health Week



Mindfulness, Meditation and Mental Health with Corey Jackson

Join us for an informal discussion about mental health and find out how a little understanding and some simple techniques can help us take control of our own wellbeing. Learn how a blend of modern psychology and traditional practices can take us beyond managing symptoms to high levels of mental health.

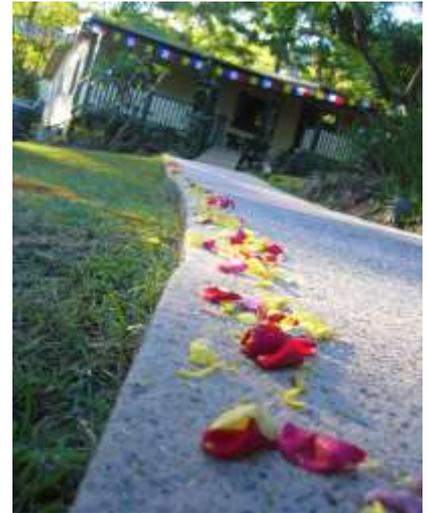
**Saturday 6th October 9:00am - 3:30pm,
held in the Gompa at Chenrezig Institute.
Facility fee \$55**

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.

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

October						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2 Advanced Program Module 2 Continues	3 Advanced Program Module 2 Continues	4 Taste of Tibetan Buddhism 1:15pm - 2:30pm (Tara Room) Gompa Clean Up 1:30pm - 2:30pm Guru Puja 4:00pm (Tara Room) Lorig Teachings with Geshela 6:30pm - 8:00pm	5 400 Verses Teachings 10:30am - 12:00pm Guided Meditation 1:15pm - 1:45pm (Gompa)	6 Mindfulness, Meditation and Mental Health 9:00am - 3:30pm Calm Abiding Practice Day 9:00am - 3:30pm	7 1000 Arms of Chenrezig Members Puja and Geshe Tsultrim's Birthday Celebration 9:00am - 12:00pm Tsa Tsa Painting Workshop 1:00pm - 4:00pm (Art Studio) Dzambala Puja 6:30pm
8	9 Advanced Program Module 2 Continues	10 Advanced Program Module 2 Concludes	11 Taste of Tibetan Buddhism 1:15pm - 2:30pm (Tara Room) Gompa Clean Up 1:30pm - 2:30pm Yoga with Baillie 4:00pm - 5:00pm (Wellbeing) Lorig Teachings with Geshela 6:30pm - 8:00pm	12 Live in Stillness: Yin Yoga Retreat Commences 6.30pm (Wellbeing) 400 Verses Teachings 10:30am - 12:00pm Guided Meditation 1:15pm - 1:45pm (Gompa)	13 Discovering Buddhism Module 3 (Teaching) Commences 9:00am Live in Stillness: Yin Yoga Retreat Continues (Wellbeing) Sutra Reading and Writing from 10:30am onwards (Tara Room)	14 Discovering Buddhism Module 3 (Teaching) Concludes 3:45pm Live in Stillness: Yin Yoga Retreat Concludes 4.30pm (Wellbeing) Vajrayogini Practice 9:30am - 3:00pm (Tara Room) Mantra Rolling 10:00am - 3:00pm (Art Studio)
15	16	17 Tara Puja 6:30pm	18 Healing From Within: Relaxation, Awareness and Transformation Commences 10:00am (Wellbeing) Taste of Tibetan Buddhism 1:15pm - 2:30pm (Tara Room) Gompa Clean Up 1:30pm - 2:30pm Lorig Teachings with Geshela 6:30pm - 8:00pm	19 Healing From Within: Relaxation, Awareness and Transformation Continues (Wellbeing) 400 Verses Teachings 10:30am - 12:00pm Guided Meditation 1:15pm - 1:45pm (Gompa) Guru Puja 6:30pm	20 Free your Mind 9:00am - 3:30pm Healing From Within: Relaxation, Awareness and Transformation Continues (Wellbeing)	21 Buddhist Beliefs: The Meaning of Life 9:30am - 12:00pm Healing From Within: Relaxation, Awareness and Transformation Concludes 4:00pm (Wellbeing)
22	23	24 Medicine Buddha Puja 6:30pm	25 Taste of Tibetan Buddhism 1:15pm - 2:30pm (Tara Room) Gompa Clean Up 1:30pm - 2:30pm Yoga with Baillie 4:00pm - 5:00pm (Wellbeing) Lorig Teachings with Geshela 6:30pm - 8:00pm	26 400 Verses Teachings 10:30am - 12:00pm Guided Meditation 1:15pm - 1:45pm (Gompa)	27 Buddhism in a Busy Life: The Five Powers Commences 9:00am	28 Buddhism in a Busy Life: The Five Powers Concludes 3:30pm Creative Writing 10:30am - 12:00pm (Tara Room)
29	30 Advanced Program Module 3 Commences	31 Advanced Program Module 3 Continues				