

January

CHENREZIG INSTITUTE

A Centre for Buddhist Study, Meditation & Retreat

2019

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

A New Year is here! In 2019 we embrace many opportunities to train our minds and hearts through diverse methods. We begin by clarifying our life-direction with Geshe Tsultrim in the annual Path to Peace: Lam Rim Retreat and continue our exploration into the meaning of life with a range of new series, teaching weekends and retreats.

We're very pleased to announce that Chenrezig Institute will provide a three-month Vajrasattva Purification Retreat in February which will welcome to the community a group of dedicated practitioners from around the country and globe.

See you soon!

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 to 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.

Annual Path to Peace Retreat

Path to Peace: Annual Lam Rim Meditation Retreat with Geshe 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.

Our Path to Peace retreat is an amazing opportunity to gain a complete overview of the Buddhist path and fully immerse yourself in practice. Our resident Tibetan Teacher Geshe Tsultrim will take you step-by-step through Buddhist principles and psychology; you will investigate ways of subduing the mind and explore methods of cultivating wisdom and compassion, the two goals of the path to enlightenment. This fascinating retreat encompasses guided meditation, discussion groups and explanations of the Buddhist world-view and psychology.

This year's course will combine teachings from Lama Tsongkhapa's famous prayer 'The Foundation of All Good Qualities' with a strong emphasis on meditative practices to increase our ability to be of benefit to others. We will dedicate time to the uplifting practices of the Four Immeasurables (Equanimity, Loving Kindness, Compassion and Joy) and Tong Len (Giving and Receiving meditation). There will be strong practice orientation with daily prayers and pujas.

You will be able to 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.



**Wednesday 2nd January
6:30pm to Sunday 13th
January 12:00pm**

Facility fee \$350
*meals and accommodation
are available separately for
purchase with all inclusive
packages from \$908.80*

**10% Discount for 1000 Arms
of Chenrezig members.**

*There will be a Refuge
ceremony at the conclusion of
this retreat for students
wanting to take the formal
step of becoming a Buddhist.*

Retreat with special guest Glen Svensson



Realising the Nature of the Mind: Mahamudra Retreat with Glen Svensson

In the words of Panchen Losang Chogyi Gyeltsen: “May all migrators quickly gain victory over the two obscurations by means of this path, as there is no other second gateway to the state of peace.”

During this long weekend retreat we will be investigating the Gelug tradition of mahamudra using the Panchen Lama’s text A Root Text for the Precious Gelug/Kagyu Tradition of Mahamudra.

The main practices covered will be how to develop single-pointed concentration through focusing on the mind (shamatha) and how to gain insight into the ultimate nature of the mind (vipashyana).

This retreat will also highlight the preliminary practices which act as a foundation for mahamudra practice along with a brief discussion of the tantra or vajrayana level of practice.

This retreat is suitable for both beginners and those already established in the practice.

Friday 25th January, 7.00pm – Monday 28th January, 4.00pm. Facility fee \$150

Accommodation and meals available separately for purchase. This course will have a retreat style timetable with sessions both early in the morning and into the evening. Guests are advised to stay on site if possible.



Originally from Australia, Glen has been a student and practitioner of Tibetan Buddhism since 1995 and graduated from the seven-year Masters Program in Advanced Buddhist Studies of Sutra and Tantra at the Lama Tsong Khapa Institute (Pomaia, Italy) in 2004. Since 2005 he has taught and led meditation retreats in India, Europe, North America and Australia with a teaching style emphasizing clarity and stressing the integration of philosophical view, meditation and daily life conduct.

Thank you for disposing of me respectfully

Curious about Buddhism?

Buddhist Beliefs Series

Find out what Buddhists believe about life, the universe and everything. This series is designed for those curious to know the Buddhist take on big issues such as existence, reincarnation and karma through the lens of everyday living.

Informed by the book “Approaching the Buddhist Path” by The Dalai Lama and FPMT Teacher Ven Thubten Chodron, this series has a framework that allows students to explore a Buddhist way of life in a fun and informal way. Through discussion, stories and guided meditation students will explore:

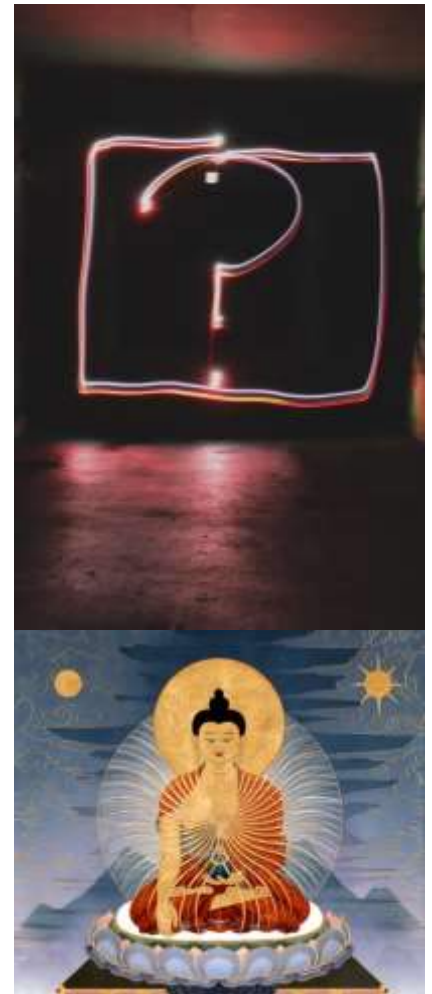
- ♦ What makes Buddhism different to other religions?
- ♦ How can such an ancient philosophy be relevant today?
- ♦ How do Buddhists live day to day?
- ♦ What is the mind?
- ♦ What about reincarnation?
- ♦ What did the Buddha say?
- ♦ Are we all connected?

Bring along your questions, moral dilemmas and curiosity as we find out what makes Buddhists tick. Everyone is welcome to join these open conversations. Courses are held monthly on Sunday's between 9.30am and 12.00pm.

January Buddhist Beliefs: What makes Buddhism different to other Religions with Ven Gyalten Dondrup

Join us for a morning of conversation, questions and meditation as Ven. Dondrup shares key concepts and beliefs that inform a Buddhist approach to life. Everyone is welcome. In today's sessions we'll explore how Buddhism is different to other religions 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 20th January 9.30pm to 12.00pm,
held in the Gompa at Chenrezig Institute.
Facility fee \$20**



Course Leader:

Ven. Gyalten Dondrup is an Australian Buddhist monk who first discovered Buddhism in Nepal in 1998. Since then, he has been involved with Chenrezig Institute and Langri Tangpa Centre. In 2014 he was ordained by H.E. Choden Rinpoche and currently works at Karuna Hospice Service. He is known for his fun and down to earth approach to exploring the Dharma.

Curious about Meditation?

Course Leader:

Keiron Pratt has grown up within the community of Chenrezig Institute. He has studied, offered service and completed group and solitary retreats at FPMT centers around the world. Through his experience as a meditation leader in Tushita Mediation Center, India and Kopan Monastery, Nepal, Keiron has introduced hundreds of students to the Buddhist teachings on compassion.



Creating Compassion Series

Compassion is a cornerstone of Buddhist practice - simple to understand but not always easy to put into practice.

This series explores how we can create a compassionate response to the challenges life throws at us. Through gentle discussion and guided meditation, this series invites students to reflect on their own process of creating compassion in the world.

Students will experience:

- ◆ Discovering self-compassion
- ◆ Finding compassion within ourselves
- ◆ Creating compassion within relationships
- ◆ Compassion in a crazy world
- ◆ Growing the compassion habit
- ◆ Fighting Compassion "Fatigue"
- ◆ Rejoicing in the compassion of ourselves and others
- ◆ Random acts of compassion
- ◆ Taking compassionate action together

If you want to experience more compassion this course is for you! Suitable for everyone, this course is an excellent place to start and develop a practice of compassion supported by both meditation and action.

Courses are held monthly on Sundays between 1:45pm and 3:30pm

January Creating Compassion

**Sunday 20th January 1.45pm to 3.30pm,
held in the Gompa at Chenrezig Institute.
Facility fee \$20**

Make a Day of It

Our Buddhist Beliefs and Creating Compassion series make a great day out for those wanting to start exploring Buddhism and Meditation. Book in for lunch and enjoy a whole day of learning new things and meeting new people for just \$52.50

Introductory Courses

January Crafting “Meet your Mind”

Saturday 19 January
9:00am to 3:00pm,
held in the Gompa at
Chenrezig Institute.
Facility fee \$55

Course Leader:

Ven. Chokyi is a Buddhist nun in the Tibetan tradition, ordained in 2006 by Kyabje Lama Zopa Rinpoche. She has been teaching meditation and Buddhism since 2006 including Discovering Buddhism and has also led several successful annual retreats for Chenrezig Institute. Prior to ordination, she taught at university and in the community sector for over 20 years.



Crafting a Life of Fulfillment

Genuine fulfilment comes when we change our focus from what we can get out of life and instead focus on what we can bring to it. The Buddhas teachings flow around this central theme gently guiding us to take responsibility for our own happiness by focusing on how we relate to others in our world.

The Crafting a Life of Fulfillment series explores the core topics of Buddhism in an accessible and logical sequence, giving you tools to invite a deeper level of satisfaction and meaning into your life. This foundational course will introduce students to ideas and practical strategies that everyone can relate to and use.

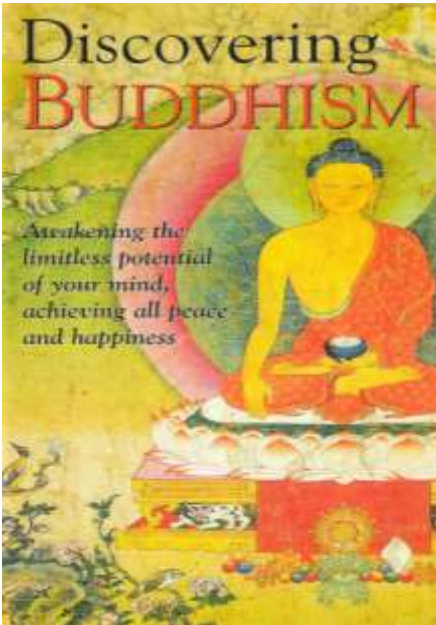
Throughout the year we'll explore these themes:

Meet your Mind
Meditation and Medication
Following a Path
Connecting with a Mentor
Death, Rebirth and Reincarnation
Karma
Refuge
Emerging from Dissatisfaction: Samsara and Nirvana
Bodhichitta: Opening the Heart
Transforming Problems
Emptiness: Dissolving the Ego

Join us for the whole course or come along to any of the stand-alone topics. You'll hear new ideas, connect with like-minded people and have plenty of time to ask questions relating the themes to your everyday life. This course is suitable for everyone who'd like to experience a more meaningful and happy life.

Courses are held monthly on Saturdays between 9.00am and 3.00pm
Facility Fee \$55

Intermediate Study



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.

Discovering Buddhism in 2019 with Venerable Thubten Chokyi

“Shifting my perspective on life. Calming my mind.”

DB Student 2018

More than just intellectual study, the Discovering Buddhism course creates a community of students who grow together supporting each other in practice and understanding.

Together students undertake fourteen modules of study and retreat covering the Buddhist path in a deeply satisfying and systematic way. Each module is completed over two months with a teaching weekend to introduce each subject and a retreat weekend for deeper reflection. This two month period gives students time to study, practice and integrate each new subject slowly, building a comprehensive base of knowledge and skills.

Discovering Buddhism Topics this year will include: The Spiritual Teacher and how to relate to them, Death, Rebirth and investigating Reincarnation, Karma and the Wheel of Life, Refuge - the formal process of becoming a Buddhist and Developing a meaningful Daily Practice. The modules do not need to be completed in order or within any set time frame. New students are always welcome.

Ven. Thubten Chokyi is a Buddhist nun in the Tibetan tradition, ordained in 2006 by Kyabje Lama Zopa Rinpoche. She has been teaching meditation and Buddhism since 2006 including Discovering Buddhism and has also led several successful annual retreats for Chenrezig Institute. Prior to ordination, she taught at university and in the community sector for over 20 years.

“Very clear, varied approach, approachable, good fun, great learning experience.” “Fantastic ability to clearly describe

complicated topics.” DB Students 2018

Advanced Study

Advanced Study Program with Geshe Phuntsok Tsultrim

The *Advanced Study Program* offered at Chenrezig Institute is a comprehensive, five-year, twelve-subject course of studies designed by Lama Zopa Rinpoche. It provides a practice-oriented transmission of the Buddhadharma to committed students ready to progress to university level study and practice.

Its comprehensive curriculum greatly enhances students' Dharma understanding, establishing a sound basis for ongoing study, practice, retreat and service. Some of Tibetan Buddhism's most treasured texts form the heart of the program, guiding the practitioner through a comprehensive study of sutra and tantra.

Throughout the program students apply themselves to practicing Buddhist ethics, in particular the five precepts and awareness of positive and negative states in one's mind. Students develop the practice of patience and concern for others with a bodhichitta motivation.

Teachings are with our resident teacher, Geshe Phuntsok Tsultrim, personally chosen for Chenrezig Institute by Kyabje Lama Zopa Rinpoche, with his experienced interpreter and Basic Program graduate, Ven Kartson (aka Yaki Platt), who is also assisting with tutorials.

In 2019 the Advanced Study Program will cover Grounds and Paths of Secret Mantra – the Lower Tantras and Highest Yoga Tantra. This subject taught over two modules offers a concise overview of the structure of the tantric path, widely acclaimed in Tibet as the swiftest and most sublime means to realise buddhahood. Presenting the paths of all four classes of tantra, while not being a guide to highest yoga tantra practice itself, this subject provides a clear overview of its complex path structure.



The modules will be taught on Tuesdays and Wednesdays with a supporting schedule of meditation, service, tutorials and group discussion. Students are encouraged to stay on site where possible and take advantage of our excellent library and conducive environment.

Dates and facility fees for each module will be released shortly. Meals and accommodation are also available (purchased separately) and are discounted by a further 10% for students staying onsite throughout the course.

For more information visit our Advanced Program page or contact BSP@chenrezig.com.au

Preliminary Practice Retreat

Geshe Tenzin Zopa will give teaching to students starting the retreat.

Ven. Thubten Chokyi will gently guide students into the retreat and support students throughout.

Geshe Phuntsok Tsultrim will oversee the closing Fire Puja and support students with advice as they emerge from retreat.

This retreat is limited to a maximum of twelve participants who will stay on site for its duration.

Retreat packages start from \$4183 per person including all meals, retreat materials and accommodation in a twin Sangha House room, and \$4267 per person for single accommodation.

Please visit our website www.chenrezig.com.au for all information including the prerequisites and an application form.



The Preliminary Practice of Vajrasattva: February 2 to April 25 2019

Be embraced by the Chenrezig Buddhist Community as you dedicate three months to the practice of Vajrasattva.

The Vajrasattva purification practice, which is more powerful than negative karma, can prevent you from experiencing the problems that negative karma would otherwise bring you. Thus, the practice of purification is one of the most important solutions to our problems and is extremely necessary....

Doing Vajrasattva retreat is not simply about reciting the mantra and saying some prayers. It is about making the practice effective for your mind, making it the quickest, most powerful way to transform your mind. Experienced meditators have advised that, in general, it is more important to put your everyday life's effort into the practice of purification. This is the way to attain spiritual realisation.

– Lama Zopa Rinpoche

Nestle into our comfortable refurbished Tara room and be supported by an experienced sangha as you undertake this preliminary practice found in all schools of Tibetan Buddhism.

Designed for students completing their 100,000 mantra count and starting after Losar, the Tibetan New year, retreatants will begin their practice during the auspicious Days of Miracles. The retreat will end with a traditional fire puja ritual overseen by Geshe Phuntsok Tsultrim.

This is an opportunity to experience authentic Buddhist retreat in a highly supportive environment. For full retreat information please apply via our website.

Thank you for disposing of me respectfully

Special Guest Geshe Tenzin Zopa

The Gateway to Understanding: Teachings on the Preliminary Practices

Chenrezig Institute is delighted to announce that Geshe Tenzin Zopa will be offering teachings on the preliminary practices, with an emphasis on Vajrasattva practice.

The Preliminary Practices or “ngondros” performed within the Tibetan tradition are designed to accumulate merit and purify negativities in order to quickly generate realizations on the path. They are also done in preparation for tantric practice and longer retreats. Once a practitioner has gained some stability in their study of and training in the teachings of sutra, and once preliminary practices (ngondro) have been completed, one is ready to enter into tantra practice.

A practitioner wants to practice tantra because their compassion and bodhichitta aim are so deep and strong, they can't bear the amount of time it takes to reach enlightenment through the sutra methods alone. Tantra is the method for putting all of the sutra practices together in an extremely efficient, holistic manner. Geshe Tenzin Zopa continues to deepen our understanding of tantra, and how and why we can utilise the tantric path to truly benefit ourselves and all suffering beings quickly.

Students studying Discovering Buddhism and the Tantra modules of our Advanced Study program are well placed to benefit from these precious teachings that will support their future study and practice. Newer students will be inspired by the efforts of these dedicated practitioners and encouraged by what they can achieve with dedication and practice.

This is a rare and precious opportunity to have these teachings in English from a teacher well known for his clarity and ability to connect.

Teachings on the Preliminary Practices

Wednesday 6th February 6.30pm - Thursday 7th February 3.30pm

Facility Fee \$75

Meals and accommodation available separately.



Geshe Tenzin Zopa possesses vast scriptural knowledge, extensive teaching experience, has successfully managed major projects, has completed many retreats including a 6 month Highest Yoga Tantra retreat with the late Geshe Lama Konchog and is highly skilled in rituals, astrological observations and religious dance.

Geshela teaches in English straight from the heart.

Thank you for disposing of me respectfully

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 Geshe is teaching Mind and Mental Factors. This is a perfect class for those who already have some previous understanding of Buddhist concepts and want a deeper understanding of Buddhist Psychology. Geshe invites students' questions and there are friendly group discussions and debate.

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



Mind and Mental Factors

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. Everyone is welcome to join in the practice or simply come along as an observer.

Thank you for disposing of me respectfully

Membership and Weekly Programs



Taste of Tibetan Buddhism

Spend an interesting afternoon with one of the Chenrezig Institute monks or nuns tasting some of the key topics of Buddhism. Ask your own questions and explore how Buddhism is relevant to you. A new topic is explored each week and guests are welcome to drop in anytime.

**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. Find out about the benefits that come with being part of this group of ongoing supporters of the center. These include a range of benefits including course and accommodation discounts, special prayers and pujas, as well as access to FPMT online learning.

Ask us more!

New Lamrim Chenmo Study Group



Steps on the Path to Enlightenment

Lamrim Chenmo Study Group with Judy Bowey

2019 sees the start of this new study group with fellow-traveller Judy Bowey. Meeting twice a month, this class aims to support students as we dive deeply into teachings on the graduated path to enlightenment and examine how these teachings can shape our everyday lives. This class is ideal for students who have completed our Annual January Lam Rim Retreat with Geshe Tsultrim or modules of our Discovering Buddhism course. Why not come along and see if it's right for you?

We'll be using the text "Steps on the Path to Enlightenment" by Geshe Lhundub Sopa, a teacher highly revered for his knowledge and experience in both a Tibetan and western context. Let's support each other as we take steps along the well-trodden path.

These are teachings to be studied, contemplated and absorbed within meditation so that in this life we integrate the Dharma with our minds and hearts, enabling us to reduce our disturbing emotions and live a better life that minimises the harm we do to others and enables us to benefit them, thus providing a basis to go on to perfect wisdom and compassion.

Each class will include readings and review, discussions and questions and time to meditate and reflect.

February class: Sunday 3rd February and

Sunday 17th February 9am to 12 noon

Facility fee \$10 per person

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 nurture your creativity.

**Sunday 6th Jan 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 13th January 10:00am - 3:00pm,
held in the Art Studio at Chenrezig Institute.
By donation.**



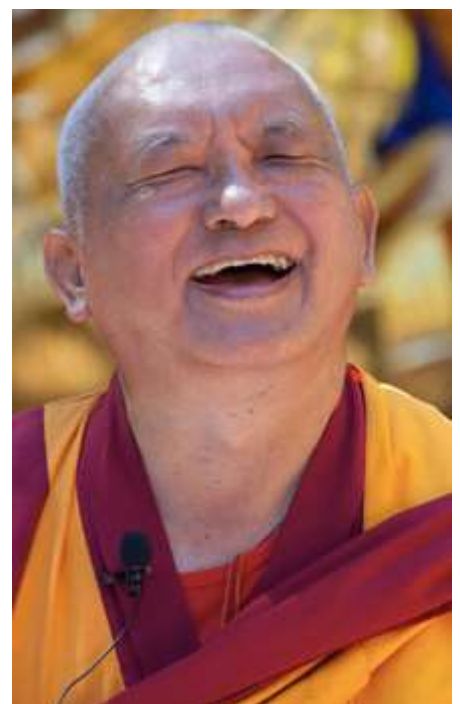
Sutra Reading and Writing

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.

**Sunday 19th January from 10:30am onwards,
held in the Tara Room. This activity is by donation.
Lunch in the Big Love Café is \$12.50pp.**





Guru Puja

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

16th and 30th of Jan 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.

14th Jan 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.

20th Jan 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.

6th Jan 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.

21st Jan from 6:30pm in the Gompa

Weekly Wellbeing Program

The world never stops , but we need to.

Allow time in your life to rest and restore your energy. These programs are designed to nourish you in times of stress and care for yourself in a holistic way. Spend a few days in our lush surroundings, enjoying delicious healthy meals, appreciating the quiet and caring for your body and mind. Combine our weekly yoga programs with meditation and Buddhist teachings and experience true peace of mind.



Meet Erin

As a Yoga Teacher, Erin Ashley is renowned for offering a “mindful movement” experience in her classes, supporting you to move beyond the physical and into a more conscious awakening of energy and wisdom. Feel nurtured and supported as you flow through gentle, well-rounded physical sequences with a focus on real-time experience, as you integrate the awake-mind back into the body and breath.

Erin’s classes are suitable for beginners to advanced students and cater for all fitness levels and abilities with plenty of modifications on offer. Her classes will leave you feeling empowered and uplifted. Find out more www.erinashley.com.au

Thursdays and Fridays 11:00 am to 12 noon at the Wellbeing Centre. Facility Fee \$12

Taste of Tibetan Buddhism

Spend an interesting afternoon with one of the Chenrezig Institute monks or nuns tasting some key Buddhist topics. Ask your own questions and explore how Buddhism might be relevant to you. A new topic is explored each week and guests are welcome anytime.

Thursdays, 1:15pm - 2:30pm, in the Tara Room. By donation.

Friday Guided Meditation

Invite more peace into your life with Buddhist meditation. Join one of the Chenrezig Institute monks or nuns as they lead you through a gentle reflective meditation. Suitable for everyone. Perfect for after lunch.

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

These programs combine to create a wonderful basis for reflection and relaxation.

Thank you for disposing of me respectfully

Wellbeing Program



Nourishing Care Yoga Retreat

with **Ballie Dick**

Phew! You've made it through the silly season. As the year heats up, here's an opportunity to keep your cool by nourishing yourself with these potent self-care practices. Sample from meditation, massage, breath awareness and a slow flowing vinyasa and yin yoga classes aimed at deep relaxation. Enjoy the bliss of yoga as we unwind tension, release blockages and turn inward to work with the body and mind connection. Rest, rejuvenate and kick the year off to a great start with these restorative practices.

Friday 18 January 6:30pm to Saturday 19th January 4:30 pm, held at the Wellbeing Centre at Chenrezig Institute. Facility fee \$75

Baillie qualified in India in Ashtanga Vinyasa and Sivananda Hath yoga. She is keen to share the physical and emotional benefits of yoga.



Yoga for Anxiety and Depression

with **Neli Martin**

Yoga has some powerful techniques for affecting the nervous system in a direct way. Through Yoga Asana, Pranayama and Meditation, you can learn to re-wire your anxiety through activation of the relaxation response and re-framing of the stress response.

During this workshop you'll learn and practice Asana and Pranayama for calming the nervous system and activating the relaxation response deep in the body at a cellular level. Asana and Pranayama for energising the nervous and vital systems of the body. Meditation approaches to set intentions and connect to your purpose. Cultivate calm and vitalise the body and nervous system.

Sunday 20th January 9.00am - 4.00pm at the Wellbeing Centre Facility fee \$75. Meals and accommodation available separately.

Neli Martin is a Buddhist psychologist who integrates mindfulness, yoga and dance practices into her work with people from all walks of life.

Thank you for disposing of me respectfully

Wellbeing Program



Introduction to Taoist Tai Chi

Using an easy-to-learn teaching approach, this program will introduce participants to the moves of Taoist Tai Chi. Brought to the western world nearly 50 years ago by Chinese Taoist monk Master Moy Lin-shin, Taoist Tai Chi™ arts are designed specifically for holistic health and meditation. The wide-ranging benefits include improvement of balance, circulation, strength, coordination and flexibility. There are benefits for many specific health issues including back pain, postural problems, and stress reduction.

The International Taoist Tai Chi Society has 42,000 members in 26 countries, with all organizations operating on a non-profit, volunteer and charitable basis. The Society has been operating in Australia since 1980 and offers classes in most capital cities and some regional areas.

Participants in this program will be introduced to about the first 25 moves of the tai chi sequence and will learn how Taoist Tai Chi works on health, as well as being introduced to the Taoist tradition of the Society. Following this program, participants may wish to join ongoing weekly classes held at various locations in SE Queensland, which are offered on a membership basis.

Sunday 10 Feb 9.30am to 4.00pm, at the Wellbeing Centre at Chenrezig Institute.

Meals and Accommodation are available separately.



The instructor is an accredited volunteer instructor with the Taoist Tai Chi Society of Australia, with over 20 years' experience.

Thank you for disposing of me respectfully

Cultivating Emotional Balance



Cultivating Emotional Balance with Corey Jackson



Want to feel more confident and in control of your emotions? Exhausted by mood swings and looking for more emotional stability? If you would like to take control of your own wellbeing, build your best relationships or overcome imbalances such as anger, anxiety or depression, then this course is for you.

Cultivating Emotional Balance (CEB) training blends ancient techniques for developing mindfulness, empathy and compassion with ground breaking scientific understanding of emotions. The course has been clinically proven to reduce people's destructive emotional episodes, improve professional and personal relationships and develop resilience in the face of adversity.



Blending theory and practice, CEB gives a genuine experience of ancient techniques made relevant to a modern lifestyle and world view. This unique program is the brainchild of Dr. Paul Ekman, a world renowned psychologist within the field of emotions and Dr Alan Wallace, a highly respected meditation teacher and scholar of contemplative traditions.

Introductory weekend: Saturday 2 Feb 9:00am - Sunday 3 Feb 3:30pm, at the Wellbeing Centre at Chenrezig Institute.

The course continues: 16th - 17th Feb and 2nd - 3rd March for those who have attended the introductory weekend (making a total of six sessions to complete the training). Facility fee \$150 for the introductory weekend, \$420 for the whole course.

Meals and Accommodation are available separately.

Corey is completing a research masters on attention and emotion skills at Sunshine Coast University where he is also a sessional staff member. He has a degree in Psychology and Sanskrit from Sydney University and also works as a Tibet-English translator of Buddhist practice and philosophy. As a leading trainer of the peer-reviewed Cultivating Emotional Balance, he regularly runs workshops for organisations and individuals around Australia and is passionate about using ancient understanding in a modern context.

Thank you for disposing of me respectfully

Art Studio

Help Fulfil Lama Zopa Rinpoche's Wishes!

On his last visit to Chenrezig Institute, Lama Zopa Rinpoche requested that the Art studio make 1000 LTK statues to be sent to Ganden monastery in India for a special celebration next year. Some of the first 100 are pictured below.

We urgently need some additional help with preparing the freshly-cast statues for painting. The work would require patience, a moderate amount of skill and preferably a commitment to a regular time-frame.

If you feel you would like to assist please contact us at: arts@chenrezig.com.au



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

January

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2 Path to Peace: Annual Lam Rim Meditation Retreat Commences 6:30pm	3 Path to Peace: Annual Lam Rim Meditation Retreat	4 Path to Peace: Annual Lam Rim Meditation Retreat	5 Path to Peace: Annual Lam Rim Meditation Retreat	6 Path to Peace: Annual Lam Rim Meditation Retreat Tsa Tsa Painting 1:00pm - 4:00pm (Art Studio) Dzambala Puja 6:30pm
7 Path to Peace: Annual Lam Rim Meditation Retreat	8 Path to Peace: Annual Lam Rim Meditation Retreat	9 Path to Peace: Annual Lam Rim Meditation Retreat	10 Path to Peace: Annual Lam Rim Meditation Retreat	11 Path to Peace: Annual Lam Rim Meditation Retreat	12 Path to Peace: Annual Lam Rim Meditation Retreat	13 Path to Peace: Annual Lam Rim Meditation Retreat Concludes 12:00pm Mantra Rolling 10:00am - 3:00pm (Art Studio)
14 Tara Puja 6:30pm	15	16 Guru Puja 6:30pm	17 Yoga with Erin 11:00am - 12:00pm (Wellbeing) Taste of Tibetan Buddhism 1:15pm - 2:30pm (Tara Room) Mind & Mental Factors with Geshela 6:30pm - 8:00pm	18 Yoga with Erin 11:00am - 12:00pm (Wellbeing) 400 Verses Teachings 10:30am - 12:00pm Guided Meditation 1:15pm - 1:45pm (Tara Room) Nourishing Care Yoga Retreat Commences 6:30pm (Wellbeing)	19 Crafting a Life of Fulfilment: Meet Your Mind 9:00am - 3:00pm Nourishing Care Yoga Retreat Concludes 4:30pm (Wellbeing) Sutra Reading and Writing from 10:30am (Tara Room)	20 Buddhist Beliefs: What makes Buddhism different to other Religions 9:30am - 12:00pm Creating Compassion 1:45pm - 3:30pm Yoga for Anxiety & Depression 9:00am - 4:00pm (Wellbeing) Vajrayogini Practice 9:30am - 3:00pm (Tara Room)
21 Medicine Buddha Puja 6:30pm	22	23	24 Yoga with Erin 11:00am - 12:00pm (Wellbeing) Taste of Tibetan Buddhism 1:15pm - 2:30pm (Tara Room) Mind & Mental Factors with Geshela 6:30pm - 8:00pm	25 Yoga with Erin 11:00am - 12:00pm (Wellbeing) 400 Verses Teachings 10:30am - 12:00pm Guided Meditation 1:15pm - 1:45pm (Tara Room) Realising the Nature of the Mind: Mahamudra Retreat Commences 7:00pm	26 Realising the Nature of the Mind: Mahamudra Retreat	27 Realising the Nature of the Mind: Mahamudra Retreat
28 Realising the Nature of the Mind: Mahamudra Retreat Concludes 4:00pm	29	30 Guru Puja 6:30pm	31 Yoga with Erin 11:00am - 12:00pm (Wellbeing) Taste of Tibetan Buddhism 1:15pm - 2:30pm (Tara Room) Mind & Mental Factors with Geshela 6:30pm - 8:00pm	1 Feb	2 Feb Cultivating Emotional Balance: Intro Weekend Commences 9:00am (Wellbeing) Vajrasattva Preliminary Practice Retreat Commences (Tara Room)	3 Feb Cultivating Emotional Balance: Intro Weekend Concludes 3:30pm (Wellbeing) Vajrasattva Preliminary Practice Retreat (Tara Room)