

"Many people who visit Lam Rim Buddhist Centre comment on how peaceful it is. This tranquillity is not brought about by living in the country, otherwise all country houses would be peaceful. That is not so. This tranquillity is brought about by constant practice. People do not realise that. The more effort one puts into spiritual practice, the more peaceful one's mind becomes and then one generates calmness."

- Ven. Geshe Damchö Yönten

As this is a spiritual meditation centre you can also help to maintain the peace and tranquillity by being mindful of your actions.

We ask you to undertake:

- to refrain from harming or killing anything;
- to refrain from taking that which is not freely given;
- to refrain from all forms of immorality or any action which is subject to blame;
- to refrain from speaking falsely, harshly or unkindly;
- to refrain from using tobacco, alcohol or recreational drugs which cause the mind to lose its natural clarity;

We also request that you wear appropriate clothing at all times, thereby not causing any embarrassment to the Sangha.

Lam Rim is a smoke free and mobile phone free zone.

### HOW TO FIND US

#### BY ROAD:

1. From London/Bristol: M4 to Junction 24, then A449 north towards Monmouth.
2. At the 2nd junction, take the slip road to join the A40 towards Abergavenny. Cross over to the right-hand filter and cross over the A40, then take the left-hand filter. There is a small sign for TREGARE, turn left into a country lane.
3. There are 3½ miles of lanes, follow lane to T-junction, then turn left.
4. Pass a church, and two cottages. Sign post PENRHOS, then turn right.
5. Third turning on the right, sign post PENRHOS, then turn right again.
6. Pass another church, the Old Vicarage is on the right, and 600 yards on the left is Lam Rim Buddhist Centre.

#### BY TRAIN:

Paddington to Newport.  
Change at Newport for Abergavenny.  
From the North there are connections to Abergavenny.  
Taxis run from Abergavenny to Penrhos.

#### BY COACH:

Victoria to Newport Bus Station. Bus from Newport to Raglan. Please telephone the Centre from Raglan if you need to be collected.

Some national buses run to Abergavenny.

Taxis run from Abergavenny to Penrhos.

## KEEPING IN TOUCH & COSTS

Join our mailing list (regular) . . . £6.00

#### Become a Friend of Lam Rim

- receive the programme and our Mandala newsletter -  
(annual) . . . £15.00

#### Become a Guardian of Lam Rim

By becoming a 'Guardian of Lam Rim' you will be helping Lam Rim Buddhist Centre cover its overheads and running costs. Twice a year you will have the chance to win a weekend for two in the Coach House, when all the Guardian names are entered into a free draw.

Gift Aid . . . £10.00 per month

VISITS:	4 bed room + full board per day.....	£48.00
	Single room + full board per day .....	£54.00
SLEEPING:	4 bed room per night .....	£21.00
	Single per night .....	£27.00

#### Courses Excluding Tutor's Fee (per weekend):

	4 bed room + full board .....	£96.00
	Single room + full board.....	£108.00

#### Individual Meditation Retreats:

Programme first to be submitted to the spiritual director for approval. Fees by arrangement.

MEALS:	Breakfast .....	£6.50
	Lunch .....	£8.50
	Supper .....	£7.00
	Tea/Herbal teas .....	£5.00



### A luxury retreat facility THE COACH HOUSE

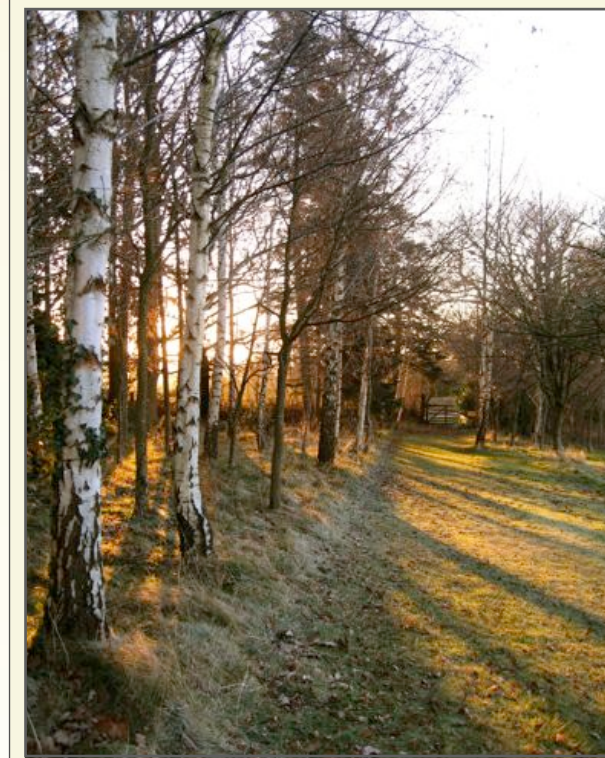


Four light and spacious, self-contained apartments for retreat periods of quiet reflection (self catering) or as alternative accommodation during your weekend course at Lam Rim Buddhist Centre

Weekend .....	£144 each per apartment for 2
Week .....	£164 per apartment for 2
Formal Retreat (see above) .....	£150 per week for 1

# LAM RIM BUDDHIST CENTRE

A COUNTRY RETREAT IN SOUTH WALES



❁ AUTUMN / WINTER 2009 ❁

LAM RIM BUDDHIST CENTRE  
Penrhos . Raglan  
Usk . Monmouthshire . NP15 2LE  
☎ 01600 780383

<http://www.lamrim.org.uk>  
[margaret@lamrim.org.uk](mailto:margaret@lamrim.org.uk)

Registered Charity No. 326675

All courses and retreats start at 7:00pm with supper on the 1<sup>st</sup> day, and finish after lunch on the final day. Arrivals from 4:30pm.

For further information about the courses and retreats, please visit our website at [www.lamrim.org.uk](http://www.lamrim.org.uk)

### SEPTEMBER

19 (Saturday) **LET'S ALL MEDITATE TOGETHER AND REJOICE** - with Ven. Geshe Damcho Yonten  
10:30am - 4:30pm

Another opportunity to sit and meditate with Geshe-la. Short sessions together with a Question and Answer opportunity. SUITABLE FOR ALL.

Please book as limited places, ☎01600 780383

**Total Cost:** £25p.p. including Coffee, Lunch and Tea.

25 - 27 (Friday - Sunday) **YOGA RETREAT WITH MARY**  
- Mary Madhavi

For further details and bookings, please contact:

☎02920 482673 ✉Mary.madhavi@ntlworld.com

### OCTOBER

3 (Saturday) **INTERFAITH IN ACTION** -  
with Rev. Gerald Lovitt  
10:30am - 4:30pm

A shared Retreat Day to explore the basic similarities between major faiths with dialogue and meditation. SUITABLE FOR ALL.

For further details and booking, ☎01600 780383

**Total Cost:** £25 p.p. including Coffee, Lunch and Tea.

10 (Saturday) **YOGA WORKSHOP - THE SOUND OF BREATH** - with Ruth Morris  
10:00am - 4:30pm

For further details and bookings, ☎01633 482402

**Total Cost:** £25 p.p. including Coffee, Lunch and Tea.

16 - 18 (Friday - Sunday) **SHIATSU BASIC SKILLS**  
- with Andrew Parfitt

A 2 day Introduction to Shiatsu which will give basic techniques and acupressure points to practice on family and friends, plus an introduction to Qigong, to boost our vitality and to meditate in a place where it is hard NOT to meditate. A fantastic opportunity to chill out. SUITABLE FOR EVERYONE, regardless of experience. Please bring outdoor clothing and footwear.

For further details and bookings, ☎01600 780383

**Total Cost:** £137p.p. for shared 4 bedded unit  
+ £16 Single Room supplement  
£90 non-residential(incl food)

### OCTOBER (con't)

23 - 25 (Friday - Sunday) **THE THREE PRINCIPAL ASPECTS OF THE PATH** -  
with Ven. Geshe Damcho Yonten

The wish for freedom, the altruistic intention to be of benefit to others, and the wisdom realizing emptiness constitute the three principal aspects of the path to enlightenment, three insights that form the indispensable support for all the practices of both sutra and tantra. SUITABLE FOR ALL.

For further details and bookings, ☎01600 780383

**Total Cost:** £110p.p. for shared 4 bedded unit  
+ £16 Single Room supplement  
£77 non-residential(incl food)  
+ Offering Donation

31 (Saturday) **STANDING. WALKING. WORKING. BEING**  
- with Tim Parsons  
10:00am - 4:30pm

Understanding how to conserve and gather our energy during our busy lives is the basis of sustainable health and well-being. By using simple T'Chi, ChiGong and Meditation exercises to increase our personal energy for an enhanced daily life.

For further details and bookings, ☎01600 780383

**Total Cost:** £25 p.p. including Coffee, Lunch and Tea.

### NOVEMBER

6 - 8 (Friday - Sunday) **SIMPLY YOGA**  
- with Clare Chard & Audrey Blow

A residential week-end of inspiring and restorative yoga. We will explore the tools of yoga asana (exercise), pranayama (breath techniques) and meditation practices with a sprinkling of philosophy. All this will help you to manage day to day stresses better and be more in control of how you feel. This is a week-end for everyone, suitable for both men and women of all abilities, just bring your mat and a blanket.

For further details and bookings contact:

Clare Chard: ☎01495 303076 ✉yoga@clarechard.fsnet.co.uk

Audrey Blow: ☎01495 213532 ✉blowales@aol.com

**Total Cost:** £140p.p. including meals and tuition  
+ £16 Single Room supplement  
£90 non-residential(incl food)

12 - 16 (Thursday - Sunday) **YOGA LIVING**  
- with Derek Thorne

For information and bookings go to [www.yogaliving.co.uk](http://www.yogaliving.co.uk)

### NOVEMBER (con't)

21 (Saturday) **I HEAR YOU... I HEAR ME**  
- Mindfulness for Counsellors and  
Therapists with Eddie Street  
10:00am - 4:30pm

Learning to experience the present moment, the here and now of therapy and counselling is an essential tool for anyone who works with others. In a gently but hopeful energising way participants will explore the practice of mindfulness for both clients and counsellors alike. No experience/knowledge of meditation or Buddhism is required.

For further details and bookings, ☎01600 780383

**Total Cost:** £25 p.p. including Coffee, Lunch and Tea.

28 (Saturday) **YOGA AND EVERYDAY LIVING**  
- Margaret Cook  
10:00am - 4:30pm

For further details and bookings contact:

☎01633 420544 ✉mail@iscasilurium.free-online.co.uk

**Total Cost:** £25 p.p. including Coffee, Lunch and Tea.

### DECEMBER

11 (Friday) **ANNIVERSARY OF LAMA TSONGKHAPA**  
(1357 - 1419)

**PLEASE NOTE IN YOUR DIARY** - 7:00pm Evening Celebration Puja with special residential guests - 9 monks from Tashi Lhunpo monastery in India.

Please book if attending. Donations gratefully received.



### TEACHINGS - Ven. Geshe Damcho Yonten

**SUNDAYS 5:30pm - 4:30pm (Lam Rim Chenmo)**

20, 27 September; 4, 11, 18 October;

8, 15, 22, 29 November; 6 December;

**TUESDAYS - 1<sup>st</sup> & 3<sup>rd</sup> of the month 11:00am - 12noon**  
(Guide to the Bodhisattva Way of Life)

15 September; 6, 20 October; 3, 17 November;

- Suggested Offering Donation £4.00

**DAILY SILENT SITTING MEDITATION**

9:00am - 9:30am ☪ 4:30pm - 5:00pm