

"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 bedded units + full board per day..£55.00pp  
Single room + full board per day .....£62.00  
SLEEPING: 4 bedded room per night.....£28.00pp  
Single room per night.....£35.00

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

4 bedded room + full board.....£110.00pp  
Twin bedded room + full board .....£125.00pp  
Single room + full board.....£125.00

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



### A luxury retreat facility THE COACH HOUSE



Two light and spacious, self-contained apartments with en-suite facilities. Alternative accommodation for your weekend course (excluding tutor's fee).

Weekend (course) .....£175 each per apartment for 2

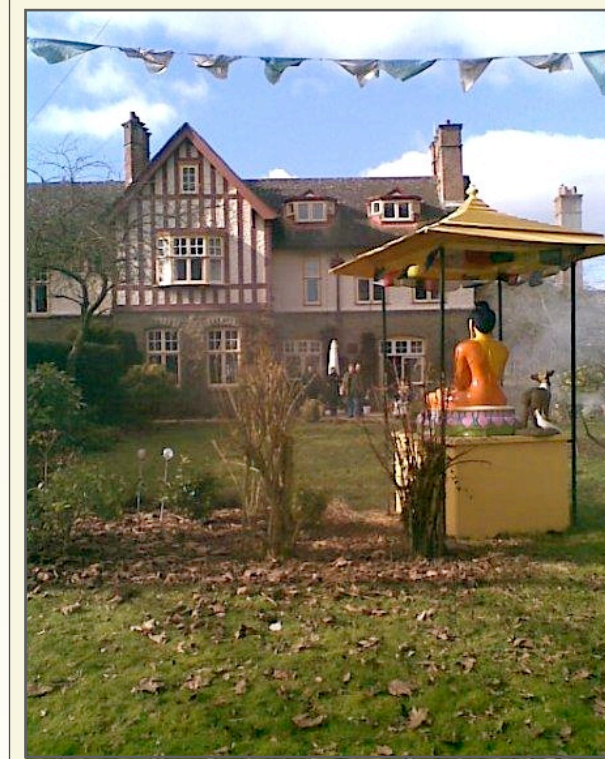
#### Individual Meditation Retreats (self-catering):

Programme to be submitted to the Spiritual Director.

Per day.....£35 per apartment for 1  
7 day Retreat.....£200 per apartment for 1

# LAM RIM BUDDHIST CENTRE

## A COUNTRY RETREAT IN SOUTH WALES



❁ AUTUMN / WINTER 2011 ❁

LAM RIM BUDDHIST CENTRE

Penrhos . Raglan

Usk . Monmouthshire . NP15 2LE

☎ 01600 780383

<http://www.lamrim.org.uk/wales/>

[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/wales/](http://www.lamrim.org.uk/wales/)

## SEPTEMBER

9 - 11 (Friday - Sunday) **RELAXING YOGA RETREAT**

- with Carol Young

A retreat is when you press life's "pause button". It allows time for you to let go of responsibilities, time to let go of stress, to relax completely. There will be a choice of asana (postures) stretching, breathing, visualisation, meditation, laughter, walking, fun and relaxation which will lead to silence, stillness and inner peace.

Suitable for all. In yoga everyone works at their own level.

Carol ☎02920 217480

✉carol@stressfreeyoga.co.uk

🌐www.stressfreeyoga.co.uk

**Total Cost:** £120p.p. including meals and tuition  
+ £50 Single Room supplement

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17 (Saturday 10:30am - 4:30pm)

**MASTERCLASS - 1<sup>st</sup> of 4 Monthly Master  
Classes with Ven Geshe Damcho Yonten**

Geshe Damcho-la has very kindly agreed to give 4 Monthly Master Classes teaching Nagarjuna's Letter to a Friend. By examining the Four Noble Truths and the Six Perfections, Nagarjuna describes logically and poetically the internal patterns of experience which leads a person to Buddhahood. Nagarjuna wrote this letter to his friend, King Satavahana, on how to integrate spiritual values into his daily life. His advice is still of special interest to those who wish to cultivate a religious practice while continuing to live and work in society. Teachings, Meditation and Discussion.

All are welcome. Please contact Lam Rim for Bookings.

**Total Cost:** £35 p.p. including lunch and refreshments.

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24 (Saturday 10:00am - 4:30pm)

**Healthy Lifestyle Saturday Workshop  
CREATIVE YOGA with Margaret Cook**

Come and spend a day in beautiful peaceful surroundings at Lam Rim. Together we can spend the day working on Asanas to find our own rhythm and flow. There will be time to enjoy your own space and enjoy the company of Yoga friends. Suitable for all.

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

**Total Cost:** £35 p.p. including lunch and refreshments.

## OCTOBER

15 (Saturday 10:30am - 4:30pm)

**MASTERCLASS - 2<sup>nd</sup> of 4 Monthly Master  
Classes with Ven Geshe Damcho Yonten**

Geshe Damcho-la will continue teaching from the text of Nagarjuna 's Letter to a Friend. Teachings, Meditation and Discussion. All are welcome.

**Total Cost:** £35 p.p. including lunch and refreshments.

## NOVEMBER

4 - 6 (Friday - Sunday) **SIMPLY YOGA - WINTER RETREAT**

**Understanding your body as an energy system.**

- with Clare Chard & Audrey Blow

All aspects of yoga practiced with the intention of bringing a deeper awareness of the energy within you and around you. Join Clare and Audrey, qualified and experienced BWY tutors, together with like-minded people, on an inspiring weekend of relaxation and restoration in the peaceful surroundings of Lam Rim. All abilities welcome.

For further details and bookings contact:

Clare Chard: ✉yoga@clarechard.fsnet.co.uk

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

**Total Cost:** £160p.p. sharing residential.

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19 (Saturday 10:30am - 4:30pm)

**MASTERCLASS - 3<sup>rd</sup> of 4 Monthly Master  
Classes with Ven Geshe Damcho Yonten**

Geshe Damcho-la will continue teaching from the text of Nagarjuna 's Letter to a Friend. Teachings, Meditation and Discussion. All are welcome.

**Total Cost:** £35 p.p. including lunch and refreshments.

## NOVEMBER (con't)

26 (Saturday 10:00am - 4:30pm)

**Healthy Lifestyle Saturday Workshop**

**MOVING INTO WINTER with Tim Parsons**

With all our commitments, life can continue at a relentless pace so how can we continue to manage our daily lives, but also listen to our own needs? The key is to develop awareness as we move through the day. We will gently examine some of our patterns as a basis of understanding how we may increase and gather our available energy.

Exploring powerful techniques from T'ai Chi, QiGong, we will work at the level of the physical body and our energy systems to facilitate the changes we need to be in harmony with the season.

Everyone is welcome, no experience is necessary. Please bring warm, loose clothing.

For further details and bookings contact Tim or Jan:

☎0117 9629960

🌐www.naturalchi.co.uk

**Total Cost:** £35 p.p. including lunch and refreshments.

## DECEMBER

17 (Saturday 10:30am - 4:30pm)

**MASTERCLASS - 4<sup>th</sup> of 4 Monthly Master  
Classes with Ven Geshe Damcho Yonten**

Geshe Damcho-la will continue teaching from the text of Nagarjuna 's Letter to a Friend. Teachings, Meditation and Discussion. All are welcome.

**Total Cost:** £35 p.p. including lunch and refreshments.



## TEACHINGS - Ven. Geshe Damcho Yonten

**SUNDAYS 3:30pm - 4:30pm** (Liberation in the Palm of Your Hand - Pabongka Rinpoche)

11, 25 September; 2, 9, 23, 30 October;

6, 13, 27 November; 4, 11 December;

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

6, 20 September; 4, 18 October; 1, 15 November;

6 December;

- Suggested Offering Donation £5.00

## DAILY SILENT SITTING MEDITATION

9:00am - 9:30am ☪ 4:30pm - 5:00pm