



GARDEN PARTY

(Opens 2:30pm)



Saturday 25 September
A SPECIAL CELEBRATORY GARDEN PARTY
FOR GESHE- DAMCHO-LA'S 80TH YEAR

The famous Lam Rim Garden Party is back again this year. The previous one was enjoyed in August 2008. All are very welcome to join us for tea, cake, stalls, fortune teller, clowns, music, theatrical entertainment and much, much more.

TEACHINGS - Ven Geshe Damcho Yonten

SUNDAYS 5:30pm – 4:50pm (Review 5:00 - 5:50pm)
(Lam Rim)

12, 19, 26 September; 3, 10, 17, 24 October;
7, 14, 28 November;

TUESDAYS - 1st & 3rd of the month 11:00am – 12noon
(Guide to the Bodhisattva Way of Life)

21 September; 5, 19 October; 2, 16 November;

- Suggested Offering Donation £5.00 (including tea and biscuits)

DAILY SILENT SITTING MEDITATION

9:00am – 9:30am 4:30pm – 5:00pm

“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.

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.....£50.00

Single room + full board per day..... £58.00

SLEEPING: 4 bed room per night..... £23.00

Single per night..... £31.00

Courses Excluding Tutor’s Fee (per weekend):

4 bed room + full board.....£100.00

Single room + full board.....£116.00

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



Two 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..... £150 each per apartment for 2

Week..... £184 per apartment for 2

Formal Retreat (see above).....£170 per week for 1

LAM RIM BUDDHIST CENTRE

A COUNTRY RETREAT IN SOUTH WALES



🌿 AUTUMN / WINTER 2010 🌿

LAM RIM BUDDHIST CENTRE
Penrhos . Raglan
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☎ 01600 780383

<http://www.lamrim.org.uk>
margaret@lamrim.org.uk

Registered Charity No. 326675

All courses and retreats start at 7:00pm with supper on the 1st 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

SEPTEMBER

17 - 19 (Friday-Sunday) HOLISTIC YOGA, MEDITATION & HEALING RETREAT - with Dani Bryant

Is the current economic climate causing you stress and tension? Maybe you need a few days to get away from it all and take stock of what is important. Despite the so called 'credit crunch' we still need to take care of ourselves and this special offer Yoga retreat is planned with your budget in mind! Come along for a weekend of gentle Yoga & meditation incorporating personal healing for Body Mind & Spirit. Suitable for beginner to intermediate level students and perfect for those new to retreats. This programme includes posture-work, chakra balancing & healing, Pranayama (breathwork), various meditations, chanting, Tantra Yoga, personal healing space, laughter Yoga, discussions on various aspects of Yoga including leading a Yogic lifestyle, various healing practices & Karma Yoga. We will look at detoxing and cleansing the body the Yoga way, and you will learn how to make subtle changes in your attitude and everyday life to enhance your well-being and help you de-stress. Through guided meditations you can begin to let go of issues holding you back and help you to move forward on your path. Handouts will be given covering anything we have discussed and covered during retreat for you to refer to after your return home.

Normal cost £200, credit crunch offer £175 all inclusive if you book before the end of July. More info can be found on my website: www.bydani.co.uk, phone: 07929 658581, e-mail: info@bydani.co.uk

Total Cost: £200pp for 4 bedded shared room
+£20 Single room supplement

25 (Saturday) GARDEN PARTY

Come along to our special celebration - fun for all the family!
Please see overleaf for details.

OCTOBER

2 (Saturday) HEALTHY LIFESTYLE SATURDAY WORKSHOP: SUPPORTING YOUR DHARMA PRACTICE - with Dan Buys

10:00am to 4:30pm. So many new words, so many new concepts, so many new possibilities of practice.

This workshop provides an opportunity to explore a way that can help us to familiarise ourselves with Buddha's practical advice on living our lives in a meaningful way.

No Charge - By Donation - bring food to share

OCTOBER (con't)

15 - 17 (Friday-Sunday) SHIATSU & QIGONG - with Andrew Parfitt

Join a fun packed weekend of Shiatsu & Qigong to prepare for the onslaught of Winter. Now is a time to nurture the kidneys and water element in readiness for that long cold season when the body should be relaxing and resting, recovering its strength and restorative power before the new awakening and growth of Spring. The food is always great and the accommodation comfortable, in between Shiatsu sessions there are walks to enjoy and a Prayer room where you can sit quietly and meditate. The schedule is flexible but will include morning Qigong followed by Shiatsu practice which is usually aimed at a return to basic skills but can vary depending on the needs of the group and as always we are welcome to join the morning and evening Puja. Spaces are limited so don't leave it too late to book.

Total Cost: £140pp for 4 bedded shared room residential
+£16 Single room supplement
£90pp non residential (including food)



29 (Friday) 4TH SPECIAL FESTIVAL DAY

Lama Choepa at 6pm (Optional)

29 - 31 (Friday-Sunday) SPREADING PEACE & KINDNESS TO ALL BEINGS. A WEEKEND RETREAT DEDICATED TO THE LONG LIFE OF HIS HOLINESS THE DALAI LAMA

- with Geshe Damcho-la

This year is the 75th birthday of His Holiness the Dalai Lama and is being celebrated around the world. We shall chant the Inseparability of the Spiritual Master and Avalokiteshvara Sadhana which was composed by His Holiness the Dalai Lama when he was 19 years of age. We shall also include sitting and walking meditation together with some quiet reflection in a tranquil space. We would like to dedicate this weekend meditation retreat for the long life and good health of His Holiness the Dalai Lama. Open to all.

Total Cost: £110pp for 4 bedded shared room residential
+£16 Single room supplement
£70pp non residential (including food)
+offering donation



NOVEMBER

5 - 7 (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 manage day to day stresses better and be in more 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 blanket.

For further details and bookings contact:

Clare Chard 01495 303076 or yoga@clarechard.fsnet.co.uk
Audrey Blow 01495 213 532 or blowales@aol.com

Total Cost: from £150pp (incl. meals & tuition)

19 - 21 (Friday-Sunday) A PRECIOUS PRACTICE - AWAKENING THE MIND - with Geshe Damcho-la

We all share common desires to be happy and not be miserable. But how people go about fulfilling these aims can be different. The practice of developing a kind heart and an altruistic attitude gives great inspiration and helps us relax and broaden our perspective in times of despair. The instruction to transform adversity into a favourable situation is exceptionally valuable. Geshe Damcho-la will be giving a teaching from a short poem entitled Seven Point Mind Training written by Geshe Chekawa (1102-1176).

Total Cost: £120pp for 4 bedded shared room
+£20 Single room supplement
£90pp non residential (including food)
+offering donation

30 (Tuesday) ANNIVERSARY OF LAMA TSONGKHAPA (1357-1419)

Please note in your diary - 7pm evening celebration Puja.
Please book if attending. Donations gratefully received.

DECEMBER

11 (Saturday) HEALTHY LIFESTYLE SATURDAY WORKSHOP: I HEAR YOU... I HEAR ME - MINDFULNESS FOR COUNSELLORS AND THERAPISTS with Eddie Street

10:00am to 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 gentle 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. Places limited!

Total Cost: £30pp (incl. lunch & refreshments)