

"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.

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 3 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. You can donate online, you can also GIFT AID your donations.

VISITS: 4 bedded units + full board per day £55.00pp
Single room + full board per day £62.00

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
(All Vegetarian) 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 two.

Individual Meditation Retreats (self-catering):

Programme to be submitted to the Spiritual Director.
Per day£35 per apartment for one
7 day retreat£200 per apartment for one



LAM RIM BUDDHIST CENTRE



A COUNTRY RETREAT IN SOUTH WALES



SPRING / SUMMER 2012

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

web site: www.lamrim.org.uk/wales/
e-mail: 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/wales/

APRIL

6 - 9 (Good Friday - Easter Monday) Geshe-La's Easter Course. As there will be no Master Classes this term, Geshe-la thought it would help if he continued teaching the text, 'Letter to a Friend' by Nagarjuna. Nagarjuna wrote this letter to his friend, King Satavahanaon how to integrate spiritual values into his daily life. His advise is still of special interest to those who wish to cultivate religious practice while continuing to live and work in society. **Teachings, Meditation, Discussion and some quiet space to relax....Suitable for all. Total Cost: £160pp - 4 bedded shared room residential; + £25 single room supplement; £100 Non-residential (including food); + Offering donation**

15 (Sunday 10:00 - 4:30) Healthy Lifestyle Sunday Workshop - Laughter to Silence with Carol Young
Laughter is a wonderful way to release tension and allow us to sit in silence. Laughter releases physical, emotional and mental tension, leaving space. Come and find inner peace in a light, friendly, joyful way. **For more information about Carol please visit her website www.stressfreeyoga.co.uk**
Total Cost: £35pp (incl lunch and refreshments)

21 (Saturday 10:00 - 4:30) Healthy Lifestyle Saturday Workshop - Spring into Summer with Tim and Jan Parsons. We will celebrate Spring in this beautiful space, playing with the movements of T'ai Chi and Chi Gong, Spirals and Circles, deepening our connection with Chi and following the unfolding from stillness into joyful movement. As part of our attunement to this season, we will investigate helpful approaches to our diet. **For further details and booking contact Tim or Jan 0117 962 9960 - www.naturalchi.co.uk**
Total Cost: £35pp (incl lunch and refreshments)

MAY

11 - 13 (Friday - Sunday) Simply Yoga Spring Retreat - Exploring Mind, Body and Breath with BWY tutors Clare Chard & Audrey Blow. Join us for an uplifting weekend of yoga and share this experience with like minded people. **For further details and booking contact either Clare or Audrey on 01495 303076 or 01495 213532.**
Total Cost: from £170pp a deposit of £25 to secure place Reductions for BWY members.

MAY continued

19 (Saturday 10:00 - 4:30) Healthy Lifestyle Saturday Workshop - A Hatha Yoga day with Ruth Morris. An opportunity to practice Hatha Yoga for a full day in a peaceful and tranquil environment together with some quality quiet time to refresh and renew your energies. **For further information and booking contact Ruth Morris 01633 482402.**
Total Cost: £35pp (includes lunch and refreshments)

26 (Saturday 10:00 - 4:30) Healthy Lifestyle Saturday Workshop - Gentle Mindfulness Day with Dan Buys. A special opportunity to develop your capacity to be spacious and present in gentle ways intended to reduce stressful states and promote your potential for healing in a very special environment. This workshop is intended for beginners and experienced mindfulness practitioners alike. **For further information and booking contact Dan daneel.buys@btinternet.com**
Total Cost: £35pp (includes lunch and refreshments)

JUNE

16, 17, & 18 HIS HOLINESS THE DALAI LAMA will be giving Teachings and Public Talks in Manchester & 19 in London. For bookings and further information visit www.dalailama2012uk.org .

23 (Saturday 10:00 - 4:30) Healthy Lifestyle Saturday Workshop - Introduction to Buddhism 1 with Sidhartha Lal. The Buddha taught for 45 years. His Ethico-Philosophy is vast and can be confusing for the beginner. This course aims to equip the beginner with sufficient understanding to continue their search for the Truth. **For further details and booking contact Margaret 01600 780383.**
Total Cost: £35pp (includes lunch and refreshments)

30 (Saturday 10:00 - 4:30) Tai Chi - with Chris Hill. Join us for a day of Tai Chi practice - as well as the basics we will teach how to develop and connect to the earth force or upwards force. Open to all. **For more information & booking contact Chris 0117 3009130 or Phil 07790 445300.**
Total Cost: £35pp (includes lunch and refreshments)

JULY

21 (Saturday 10:00 - 4:30) Healthy Lifestyle Saturday Workshop - Introduction to Buddhism 2 with Sidhartha Lal. The practice of meditation is important for all seekers of Truth. This course aims at investigating the different forms of meditation which includes simple practices - eg sitting & walking meditation - that can be used every day. **For further details and booking contact Margaret 01600 780383.**
Total Cost: £35pp (includes lunch and refreshments)

27 - 29 (Friday - Sunday) Healthy Lifestyle - Relax with Yoga with Carol Young & Sue Price. Come, enjoy a weekend of yoga and meditation, laughter, fun and relaxation. Yoga with Carol and enjoy Therapies with Sue. We aim to be outside as much as possible. **For more information and booking visit the website: www.stressfreeyoga.co.uk**
Total Cost: £35pp (includes lunch and refreshments)

Ven Geshe Damcho-la's Teaching Dates

Sundays 3:30 - 4:30pm Text: 'Liberation in the Palm of your Hand - Pabongka Rinpoche'

March 4, 11, 18, 25. April 1, 22, 29. May 13, 20, 27. June 10. July 1, 8, 15.

Tuesdays 11 - 12 noon Text: 'Guide to the Bodhisattva Way of Life' - Shantideva

March 6, 20. April 3, 17. May 1, 14. June 5. July 3.

