

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2 <i>Full Moon</i> ○ No Teaching: His Holiness Dalai Lama Teachings in Sydney	3 Yoga 10.30am No Teaching: His Holiness Dalai Lama Teachings in Sydney	4	5	6 9am Meditation 9.45am 4 arm Chenrezig 10.30am Ven Geshe Jampa Gyaltzen (Essence of Nectar- Lam Rim)
7 6.30—7.15 pm Learn to Meditate 7.30pm Intro to Buddhism 6.30—7.30pm Meditation (at Salisbury)	8 6 –7pm Meditation (Largs Bay)	9 7pm Ven Khensur Rinpoche teachings	10 Yoga 10.30am 7pm Ven Geshe Jampa Gyaltzen (Mind & Men- tal Functions—Lorig)	11 5.30am Precepts 6.30am Refuge Lama Tsong Khapa Day Bring lunch to Share 7.00pm Guru Puja	12 2-3.00pm Meditation for Healing 3.30-4.30pm Medicine Buddha Practice	13 9am Meditation 9.45am 1000 arm Chenrezig 10.30am Ven Geshe Jampa Gyaltzen (Essence of Nectar- Lam Rim)
14 6.30—7.15 pm Learn to Meditate 7.30pm Intro to Buddhism 6.30—7.30pm Meditation (at Salisbury)	15 6 –7pm Meditation (Largs Bay)	16 7pm Ven Khensur Rinpoche teachings	17 <i>New Moon</i> ● Yoga 10.30am 7pm Ven Geshe Jampa Gyaltzen (Mind & Men- tal Functions—Lorig)	18 Centre Closed	19 Centre Closed	20 Centre Closed
21 Centre Closed	22 Centre Closed 6 –7pm Meditation (Largs Bay)	23 Centre Closed	24 Tara Puja Day Movie Night 'Dalai Lama Renaissance' 7pm	25 Christmas Lunch See newsletter for details	26 9.30 — 4.30 Medicine Buddha Meditation Day (see newsletter for more details) 7pm Guru Puja	27 Centre Closed Annual Members Function 3pm
28 Centre Closed	29 Centre Closed	30 Centre Closed	31 <i>Full Moon</i> ○ Centre Closed	<u>OUTREACH CLASSES</u> <u>TUESDAYS:</u> Meditation and Discussion Classes with Ven Jampa Tenzin 8449 1290 at Largs Bay: 103 Woolnough Rd, Largs Bay <u>MONDAYS:</u> Meditation with Ann 0402 409 259 at Salisbury: Bagster Community Centre 17 Bagster Rd, Salisbury Nth.		

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<u>OUTREACH CLASSES</u>				1	2	3
<p><u>TUESDAYS:</u> Meditation and Discussion Classes with Ven Jampa Tenzin 8449 1290 at Largs Bay: 103 Woolnough Rd, Largs Bay</p> <p><u>MONDAYS:</u> Meditation with Ann 0402 409 259 at Salisbury: Bagster Community Centre 17 Bagster Rd, Salisbury Nth.</p>						
4 6.30—7.15 pm Learn to Meditate 7.30pm Buddhism for Dummies with Dan	5 6 –7pm Meditation (Largs Bay)	6	7	8	9 2-3.00pm Meditation for Healing 3.30-4.30pm Medicine Buddha Practice 7pm Guru Puja	10
11 6.30—7.15 pm Learn to Meditate 7.30pm Buddhism for Dummies with Dan	12 6 –7pm Meditation (Largs Bay)	13	14	15	16 <i>New Moon •</i>	17
18 6.30—7.15 pm Learn to Meditate 7.30pm Buddhism for Dummies with Dan	19 6 –7pm Meditation (Largs Bay)	20	21 7pm Ven Geshe Jampa Gyaltsen (Mind & Mental Functions—Lorig)	22	23 <i>Tara Puja Day</i> Public Talk 1—2pm <small>(See newsletter for more information)</small> 2-3.00pm Meditation for Healing 3.30-4.30pm Medicine Buddha Practice	24 9am Meditation 9.45am Tara Practice 10.30am Ven Geshe Jampa Gyaltsen (Essence of Nectar-Lam Rim)
25 6.30—7.15 pm Learn to Meditate 7.30pm Buddhism for Dummies with Dan 7pm Guru Puja 6.30—7.30pm Meditation (at Salisbury)	26 Australia Day	27	28 7pm Ven Geshe Jampa Gyaltsen (Mind & Mental Functions—Lorig)	29	30 <i>Full Moon ◯</i> 9.30 — 4.30 Compassion Day <small>(see newsletter for more details)</small>	31 9am Meditation 9.45am 4 arm Chenrezig 10.30am Ven Geshe Jampa Gyaltsen (Essence of Nectar-Lam Rim)