



# Hayagriva Buddhist Centre

## NEWSLETTER

64 Banksia Terrace, Kensington, Western Australia 6151 Telephone (08) 9367 4817 www.hayagriva.org.au

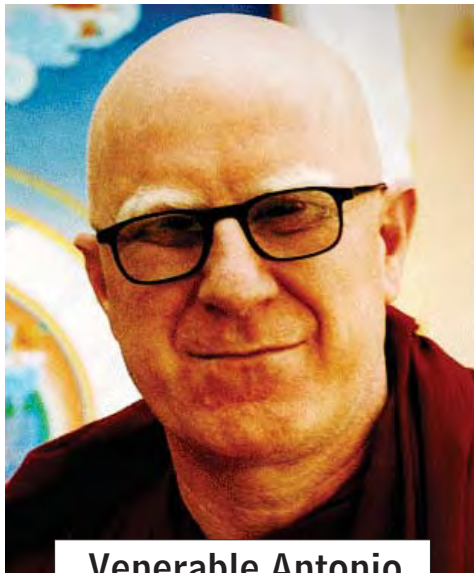
July to September 2013

### A powerhouse lineup of teachings hitting Hayagriva Buddhist Centre this quarter!



**Venerable Robina in July**

“Venerable Robina’s style when teaching the Dharma is sparkingly clear, direct and compassionate, leaving an indelible impression on everyone she meets. Don’t miss this opportunity to hear her speak!”



**Venerable Antonio in August**

An expert meditation guide, sought out around the world for the positive and profound impact he makes to one’s practice, Venerable Antonio returns to Hayagriva Buddhist Centre in August!



**Geshe Sonam returns from India in September**

Geshe-la has dedicated his life to the study and practice of Buddhism. His teachings on the vast subject of Buddha-dharma are remarkably deep, stopping not just at an intellectual level, but penetrating to the heart- advising us on how to engage with Buddhism as an authentic lived practice - to help ease suffering in our world.

### Highlights

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## Teaching Program



### Venerable Robina Courtin - July 9th to 26th

Internationally renowned Buddhist nun Venerable Robina returns to teach in WA. This is an exciting opportunity to experience an engaging presentation of the Buddhist teachings by one of the most senior FPMT teachers today.

Ordained in the late 1970s, Venerable Robina has worked full time since then for Lama Thubten Yeshe and Lama Zopa Rinpoche's FPMT. Over the years she has served as editorial director of Wisdom Publications, editor of Mandala Magazine, executive director of Liberation Prison Project, and as a touring teacher of Buddhism. Her life and work with prisoners have been featured in the documentary films "Chasing Buddha" and "Key to Freedom". Recently appearing on ABC's Q and A program as well as featuring in the Australian newspaper, come and engage with Venerable Robina's dynamic presentation of Buddhism.

#### **Tues July 9: Teaching at HBC**

7.30-9:30pm "The Spiritual Teacher"

#### **Wed July 10: Teaching at HBC**

7.30-9.30pm "Compassion and Karma - Part 1"

#### **Thurs July 11: Public Talk in Fremantle Town Hall**

7:30-9:00pm "Finding Happiness - Change your life by changing your mind"

#### **Fri July 12: Various practices at HBC**

First Turning of the Wheel of Dharma. See website and Page 4 for details.

**Sat July 13 Workshop at HBC:** "Ancient Wisdom in the Modern World" 10:00am-12:00pm, 2:00-4:00pm

\$60/\$50 member. Bring lunch to share.

**Sun July 14 Workshop at HBC:** "Buddhism for Busy People" 10am-12pm, 2-4pm \$60/\$50 mem. Bring lunch to share.

**Both days:** \$110/\$90 member. Bring lunch to share

#### **Tue July 16: Teaching at HBC**

7.30-9.30pm "The Pure Nature of our Mind"

#### **Wed July 17: Teaching at HBC**

7.30-9.30pm "Compassion and Karma - Part 2"

#### **Fri July 19: Public talk in Mandurah**

7:00 – 9:30pm "Dealing with Stress - How to find peace in a busy world"

#### **Sat July 20 to Wed July 24: Retreat at Jhana Grove:**

"Wisdom and Compassion" - Fully booked but please register for wait list

#### **Fri July 26: 7.30pm Teaching at BSWA**

Payment and bookings can be made in person, online or over the phone during office hours - 10:00am - 2:00pm weekdays.

See website for up to date details.



### Venerable Antonio Satta - August 2nd to 11th

Venerable Antonio Satta was born in Italy in 1956. He was first introduced to Tibetan Buddhism at Lama Tsong Khapa Institute, Italy. After meeting Lama Yeshe and Lama Zopa Rinpoche in Italy he took ordination in 1979. He has studied Buddhism and the Tibetan language from various teachers. Over the last 16 years Antonio has been concentrating on leading vipassana and basic shamatha retreats as a way to introduce students to the practice of meditation.

Venerable Antonio's clear teaching style and receptivity make him a favorite for dharma students around the world. Under his guidance, students find themselves more disciplined and inspired in their practice.

Venerable Antonio returns to Hayagriva Buddhist Centre to offer meditation retreats over the course of two weekends from August 2nd to August 11th.

#### **About the practice**

There are two different paths or approaches to generating the correct view; generating the view for the sake of meditation is where one first generates the view (conceptually) and then meditates. Meditation for the sake of generating the view is where one seeks to generate the view through meditation. In Insight Meditation one adopts the latter approach.

In order to generate the view that is based on meditation, one first trains in the practice of Shamatha and then in the practice of Vipassana. With Shamatha we calm our confusion; with Vipassana we understand why we are confused.

In these weekend retreats we will try to show how early and later Buddhism (Sharavaka and Mahayana Buddhism) are nothing else than a gradual development of an individual mind that first experiences the world and then transcends it.

#### **Expert direction over two weekends**

These weekends are structured for students to first meditate together in a conducive environment under the expert guidance of Venerable Antonio, then during the week practice at home alone, optionally returning back on Tuesday and Thursday evenings to develop the practice together before the final weekend.

#### **Shamatha:**

##### **Friday 2 August at HBC:**

7:00-9:00pm Free introductory talkt

**Sat/Sun 3, 4 August:** Non residential retreat at HBC  
Indicative 9:00am to 6:00pm

##### **Tues/Thurs 6, 8 August at HBC**

7:30-9.30 pm Continuation of the Shamatha practice

#### **Vipassana:**

**Friday 9 August:** Free introductory talk at 7:00-9:00pm

##### **Sat/Sun 10 & 11 August at HBC:**

9:00 am to 6:00 pm (indicative) Non residential retreat

#### **Cost:**

- **Shamatha weekend 9am - 6pm:**

Includes vegetarian lunch \$130/\$120 members

- **Vipassana weekend 9am - 6pm:**

Includes vegetarian lunch \$130/\$120 members

- **Both weekends package:** \$240/\$220 members

Payment and bookings can be made in person, online or over the phone during office hours 10:00am - 2:00pm weekdays.  
See HBC website for up-to-date details.

## Insight Teachings

Tuesday evenings 7:30 – 9:30pm

Longer Q & A sessions with a break at 9:00p

Cost by donation

“All these branches of the doctrine  
The Powerful Lord expounded for the sake of wisdom.  
Therefore they must generate this wisdom  
Who wish to have an end of suffering ”  
– Shantideva

All of the first five perfections are trained in for one sole reason, and that is to get wisdom. In other words the wisdom depends on the other five perfections: generosity, morality, patience, perseverance and concentration.

The reason that Lord Buddha taught all of the branches of the perfections, was so that the insight into the nature of reality – the wisdom realising emptiness, could be attained. In other words, as a support for the wisdom realising emptiness.



Geshe-la making light offerings at Sakadawa in May at the Centre. Offering light to the Buddha's is said to increase our wisdom.



## The 37 Practices of a Bodhisattva

Sunday afternoons

2:30 to 4:30pm beginning 8th September

“A bodhisattva's practice is to tame our mental continuums  
With the armed forces of love and compassion, Because, if we  
haven't subdued the enemy which is our own hostility, Then  
even if we have subdued an external enemy, more will come.” –  
Gyaltzen Thongme Sangpo

We can understand this teaching from the title, 'The 37 Practices of a Bodhisattva'. The 'practice' aspect explains how to practice and to engage in the Bodhisattva activities. The author of this text is Gyaltzen Thongme Sangpo. Gyaltzen means the son of the Buddhas. Primarily the text is addressing the way of engaging in the path of the bodhisattvas, how to practice as an inspiring Bodhisattva.

For example in the text it addresses how to understand the faults of the self cherishing attitude and not only understand but try and refrain from that. And what are the benefits of the opposite, the mind of benefitting intention, the attitude to cherish others.

## Six week course: “How to Develop Bodhicitta” - The heart of Buddha's teachings - Wednesday evenings 7.30-9:00pm beginning 4th September

Come discover the clear meditation instruction available in Tibetan Buddhism that enables us to develop our innate qualities of loving kindness and compassion. Become skilled at applying these techniques to generate the mind of Bodhicitta, the wish to attain enlightenment for the benefit of others, known to be the heart of Buddha's teachings.

## His Holiness Dalai Lama Birthday – Saturday 6th July -



Join us in celebrating His Holiness Dalai Lamas 78th birthday on Saturday 6th July 2013. There will be a Medicine Buddha puja at 2:00pm, followed by cake and tea. All welcome.

‘His Holiness the 14th Dalai Lama, Tenzin Gyatso, describes himself as a simple Buddhist monk. He is the spiritual leader of Tibet. He was born on 6 July 1935, to a farming family, in a small hamlet located in Taktser, Amdo, northeastern Tibet. At the very young age of two, the child who was named Lhamo Dhondup at that time, was recognised as the reincarnation of the previous 13th Dalai Lama, Thubten Gyatso. The Dalai Lamas are believed to be manifestations of Avalokiteshvara or Chenrezig, the Bodhisattva of Compassion and the patron saint of Tibet. Bodhisattvas are believed to be enlightened beings who have postponed their own nirvana and chosen to take rebirth in order to serve humanity.’ – from dalailama.com



### Buddhism for Beginners

**Friday 13th September 7:00-9:00pm**  
**One night teaching with Owen Cole**  
**‘From the Cushion to the Street:**  
**Applying the Teachings to Daily Life’**

Owen Cole met Buddhism 35 years ago and has been doing his best to integrate the teachings into daily life ever since. Just returned from the one-month retreat with Kyabje Zopa Rinpoche in Mongolia, this course will look at practical methods to integrate the Buddhist teachings into all aspects of your life from a daily meditation practice to work, leisure and family life. Share the hard-won experience of others.

### Living and Dying Course

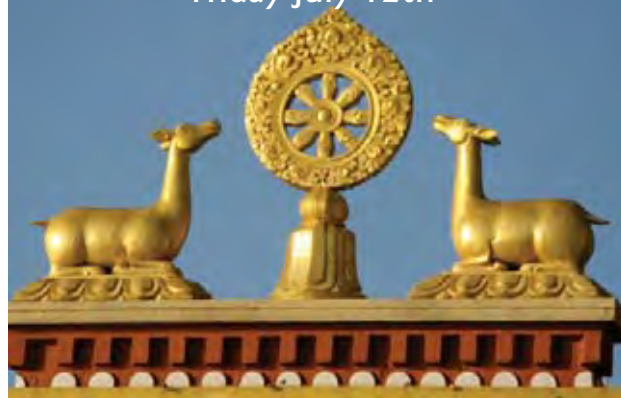
**Saturday 2:00-5:00pm - Wheel of Life Workshop**  
**once a month**

See calendar for details

Our Living and Dying 2013 Course is going amazingly well. Last workshop, we had 33 people. The participants are so knowledgeable and articulate that as a result we have incited Geshe-la to talk briefly about the Tibetan Buddhist view of dying, death, the intermediate state and rebirth. This will be followed by afternoon tea and then the Wheel of Life training team will lead the remaining segments of the workshop.

## Holy day - The First Turning of the Wheel of Dharma

Friday July 12th



This day marks the first teaching of the Buddha at Deer Park in Sarnath where the Buddha taught the Four Noble Truths to the five meditators with whom he had lived in the forest prior to his enlightenment. The rest of the Buddha's life's teachings are an elaboration of these ennobling truths.

This is one of the four holy days within our calendar. A huge amount of merit can be produced from virtuous actions on this day (one also needs to be mindful that the negatives have an increased potency also).

This is also the day that Lama Zopa Rinpoche has nominated as International Sangha Day and Hayagriva Buddhist Centre will be offering a donation on behalf of all members to the International Mahayana Institute (IMI) on this day. Individuals can donate via the FPMT website – fpmt.org

A number of activities will be offered at the Centre on this holy day:

#### Days Events

- 6:00am Precepts
- 9:00am Golden Light Sutra recitation
- 11:00am Lunch
- 2:00pm Setting out extensive offerings
- 7:00pm Making the offerings and Shakyamuni Buddha

## Pure Land Centre Presentation

**Tuesday 27 August 7:30 – 8:30pm**  
**followed by supper**



Len Warren and Angela Doyle will give a presentation on the proposed 'Pure Land Centre'. The Centre will provide care for the terminally ill. The focus will be on the emotional and spiritual aspects of the dying person's needs, following the advice of Lama Zopa Rinpoche.

The Pure Land Centre is a project of HBC's Wheel of Life Palliative Care Support Group. Every one is welcome. We hope you enjoy the evening and learn how you can support the project and become involved. It is ambitious, we need help, but as Lama Yeshe said, "Human beings have great potential; they can do anything."

## Meditation

### MONDAY 7:15 – 8:00 pm

Four week Meditation course from 1st to 22nd July 2013. There will be a continuation of the practice on subsequent Mondays. Check the calendar for dates.

Accessible meditations that don't require acceptance of a Buddhist world view. Soothe the body, relax the mind, gain some clarity and open the heart.

### TUESDAY 10:00-11:00am

Led by Venerable Drolma the aim is to calm and clear the mind. The session includes walking meditation.

### SUNDAY 10:00-11:00am

Suitable to both experienced and newcomers to Buddhism. Two guided meditation sessions drawing from the rich contemplative tradition of Tibetan Buddhism.

All meditations by donation

## Pujas

### What is a puja?

A puja is a ritual offering made during a tantra ceremony in which specially consecrated offerings are made to honour one's tantric master, inseparable from a Buddha-figure.



### Medicine Buddha Puja

The practice of Medicine Buddha can also be done to help other people who are deceased, in order to liberate them from further suffering. You are welcome to sponsor a puja for ill loved ones and success in your activities. Please contact HBC for details.

"Medicine Buddha practice is not only for healing. In addition, it is very powerful for success and for solving any problems. Medicine Buddha practice is good for someone who has died, for family problems, for someone who is sick, for receiving

## Tara Puja

The female Buddha Tara embodies the wisdom and the compassion of all enlightened beings.

The Benefits of Tara Practice by Lama Zopa Rinpoche (Kopan 1987)

"...There are many benefits from reciting the Tara mantra or Praise to the Twenty-One Taras. Tara can ...liberate you from untimely death; help you recover from disease; bring you success in business; help you find a job; and bring you wealth. When you have a really serious problem, such as a life-threatening disease, if you rely on Tara, commonly you will be freed from that problem, or you will recover from that disease... Tara's meditation practice is quick to grant success in obtaining the ultimate happiness of enlightenment. You receive much good merit, the cause of happiness. It prevents a suffering rebirth in your next life; you receive initiation from millions of Buddha's; and you achieve enlightenment. Remembering Tara, singing praises, and reciting mantras at any time of the day or night protects you from fear and dangers and fulfills all your wishes. Tara is particularly quick to grant help..."



## Movie Nights

Grab your popcorn and settle in for movie night.

### Friday 30 August: "When the Iron Bird Flies: Tibetan Buddhism Arrives in the West".

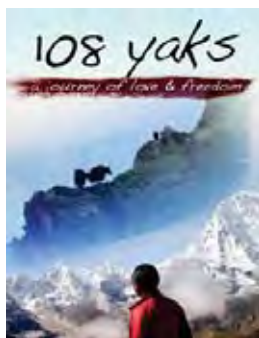
WHEN THE IRON BIRD FLIES takes us on an up-close and personal journey following the astounding path of one of the world's great spiritual traditions from the caves of Tibet to the mainstream of Western culture. Along the way, the film tackles the provocative exchanges between Buddhist practitioners and scholars and Western scientists, psychologists, and educators now at the heart of the emergence of a genuine Western tradition of Buddhism.

**Venue and time TBA.** (may screen at a local cinema)

See website and e-news for up to date information.

### Friday 20 September "108 Yaks". 7:00-9:00pm at HBC

In 2011, at the request of Lama Zopa Rinpoche, Geshe Thubten Jinpa set out to rescue over 108 yaks from being sold for slaughter in the Himalayan region of Nepal. The documentary shows the incredible 19-day journey across the mountains to the sacred Rolwaling Valley where locals had agreed to provide safe homes and care for the yaks.



## Tai Chi Classes

with Thomas To

**Sunday: 8:00-9:30 am**

See calendar and website for dates.

Give your body and mind a workout with this martial arts based on classical Chinese philosophy. Even try some self-defence techniques. Suitable for all ages. No experience necessary. Registration or enquiry at [thomas.pc.to@gmail.com](mailto:thomas.pc.to@gmail.com) or 0430 962 388. Free though donations to HBC welcomed. Please wear sports clothing and bring a pen and notepad.



## Yoga Classes

There are a variety of times and class types to suit your interest.

To enquire contact:

- Lewanna 0407 448 335, [vitalyoga@gmail.com](mailto:vitalyoga@gmail.com) or;  
- Jude 0406 260 857, [info@pemayoga.com.au](mailto:info@pemayoga.com.au), [www.pemayoga.com.au](http://www.pemayoga.com.au)  
See calendar and website for dates and details.

## Vegetarian Cooking Classes

**Friday 23 August 6:30 – 8:30pm.**

Fun, friendly and delicious! Register your interest via the signup sheet at the Centre or by contacting us on email – [welcome@hayagriva.org.au](mailto:welcome@hayagriva.org.au)

# Hayagriva's Programme - July 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>1</b></p> <p>9-10 am: Gentle Hatha Yoga with Jude</p> <p>6-7 pm: Vinyasa Beginners Yoga with Lewanna</p> <p>7.15-8 pm: Four-week (1) Meditation course</p>	<p><b>2</b></p> <p>10-11 am: Meditation with Venerable Dolma</p> <p>6-7 pm: Hatha Yoga with Jude</p> <p><b>7.30-9.30 pm: Guru Puja</b></p>	<p><b>3</b></p> <p>6-7 pm: Yin Yoga and Meditation with Jude</p>	<p><b>4</b></p> <p>9-10 am: Hatha Yoga with Jude</p> <p>6-7 pm: Vinyasa Gen/Experience Yoga with Lewanna</p>	<p><b>5</b></p>	<p><b>6</b></p> <p>8-9 am: Hatha Yoga Rob 9:15 – 10:15 am Hatha Yoga Beginner with Jude Busy Bee 10am 2-3.30 pm: <b>Medicine Buddha Puja</b> <b>After Puja tea/cake - HHDL 78th Birthday Celebration</b></p> <p>3.45-5 pm WHEEL OF LIFE Prayers for the Deceased</p>	<p><b>7</b></p> <p>10-11 am: Sunday Meditation</p>
<p><b>8</b></p> <p>9-10 am: Gentle Hatha Yoga with Jude</p> <p>6-7 pm: Vinyasa Beginners Yoga with Lewanna</p> <p>7.15-8 pm: Four-week (2) Meditation course</p>	<p><b>9</b></p> <p>10-11 am: Meditation with Venerable Dolma</p> <p>6-7 pm Hatha Yoga with Jude</p> <p>7.30- 9.30 pm: "The Spiritual Teacher" by Venerable Robina</p>	<p><b>10</b></p> <p>6-7 pm: Yin Yoga and Meditation with Jude</p> <p>7.30-9.30 pm: "Compassion and Karma - Part 1" with Venerable Robina</p>	<p><b>11</b></p> <p>9-10 am: Hatha Yoga with Jude</p> <p>6-7 pm: Vinyasa Gen/Experience Yoga with Lewanna</p> <p>7-8:30 pm Public Talk: "Change your life by changing your mind" Fremantle Town Hall Ven Robina</p>	<p><b>12</b> <b>HOLY DAY - Lord Buddha's First Teaching</b></p> <p>6 am: Precepts 9 am: Golden Light Sutra recitation 11 am: Lunch</p> <p>2 pm: Set out extensive offerings</p> <p>7 pm: Offerings and Shakyamuni Buddha Puja</p>	<p><b>13</b></p> <p>8-9 am Hatha Yoga Rob</p> <p>9:15-10:15 am: Hatha Yoga Beginner with Jude</p> <p>9 am-4:30pm: "Ancient Wisdom in a Modern World" Weekend Workshop at HBC with Venerable Robina</p>	<p><b>14</b></p> <p>9 am-4:30 pm: "Buddhism for Busy People" Weekend Workshop at HBC with Venerable Robina</p>
<p><b>15</b></p> <p>9-10 am: Gentle Hatha Yoga with Jude</p> <p>6-7 pm: Vinyasa Beginners Yoga with Lewanna</p> <p>7.15-8 pm: Four-week (3) Meditation course</p>	<p><b>16</b></p> <p>10-11 am: Meditation with Venerable Dolma</p> <p>6-7 pm: Hatha Yoga with Jude</p> <p>7.30- 9.30 pm: "The Pure Nature of our Mind" by Venerable Robina</p>	<p><b>17</b></p> <p>6-7 pm: Yin Yoga and Meditation with Jude</p> <p>7.30-9.30 pm: "Compassion and Karma - Part 2" with Venerable Robina</p>	<p><b>18</b></p> <p>9-10 am: Hatha Yoga with Jude</p> <p>6-7 pm: Vinyasa Gen/Experience Yoga with Lewanna</p> <p><b>7.30- 9.30 pm Guru Puja</b></p>	<p><b>19</b></p> <p>7-8:30pm: Public Talk : "Dealing with Stress: How to find peace in a busy world" in Mandurah by Venerable Robina</p>	<p><b>20</b></p> <p>8-9 am: Hatha Yoga Rob</p> <p>9:15-10:15 am: Hatha Yoga Beginner with Jude</p> <p><i>Wisdom and Compassion Retreat at Jhana Grove with Venerable Robina</i></p>	<p><b>21</b></p> <p>8-9:30 am: Tai Chi with Thomas To</p> <p>10-11 am: Sunday Meditation</p> <p><i>Wisdom and Compassion Retreat at Jhana Grove</i></p>
<p><b>22</b></p> <p>6-7 pm: Vinyasa Beginners Yoga with Lewanna</p> <p>7.15-8 pm: Four week (4) Meditation course</p> <p><i>Wisdom and Compassion Retreat at Jhana Grove with Venerable Robina</i></p>	<p><b>23</b></p> <p>10-11 am: Meditation with Venerable Dolma</p> <p><i>Wisdom and Compassion Retreat at Jhana Grove with Venerable Robina</i></p>	<p><b>24</b></p> <p><i>Wisdom and Compassion Retreat at Jhana Grove with Venerable Robina</i></p>	<p><b>25</b></p> <p>6-7 pm: Vinyasa Gen/Experience Yoga with Lewanna</p>	<p><b>26</b></p> <p><b>7.30-9 pm: Tara Buddha Puja</b></p>	<p><b>27</b></p> <p>10 am: Busy Bee</p> <p>2-5 pm: WHEEL OF LIFE - Wills, Enduring Powers and Health Directives</p>	<p><b>28</b></p> <p>8-9:30 am: Tai Chi with Thomas To</p> <p>10-11 am Sunday Meditation</p>
<p><b>29</b></p> <p>6-7 pm: Vinyasa Beginners Yoga with Lewanna</p> <p>7.15-8 pm: Monday Meditation</p>	<p><b>30</b></p> <p>10-11 am: Meditation with Venerable Dolma</p>	<p><b>31</b></p>				

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			<b>1</b> 6-7 pm: Vinyasa Gen/Experience Yoga with Lewanna <b>7:30-9:30 pm: Guru Puja</b>	<b>2</b> 7:30-9:30 pm: Shamatha Introductory talk by Venerable Antonio	<b>3</b> 9 am-6 pm: Shamatha - Non-residential retreat at HBC with Venerable Antonio	<b>4</b> 9 am-6 pm: Shamatha - Non-residential retreat at HBC with Venerable Antonio
<b>5</b> 9-10 am: Gentle Hatha Yoga with Jude 6-7 pm: Vinyasa Beginners Yoga with Lewanna	<b>6</b> 10-11 am: Meditation with Venerable Dolma 6-7 pm: Hatha Yoga with Jude 7.30-9.30pm: Shamatha - Continuation of the practice and Q & A with Venerable Antonio	<b>7</b> 6-7 pm: Yin Yoga and Meditation with Jude	<b>8</b> 9-10 am: Hatha Yoga with Jude 6-7 pm: Vinyasa Gen/Experience Yoga with Lewanna 7.30-9.30pm: Shamatha - Continuation of the practice and Q & A with Venerable Antonio	<b>9</b> 7:30-9:30pm: Vipassana Introductory talk by Venerable Antonio	<b>10</b> 9 am-6 pm: Vipassana - Non-residential retreat at HBC with Venerable Antonio	<b>11</b> 9 am-6 pm: Vipassana - Non-residential retreat at HBC with Venerable Antonio
<b>12</b> 9-10 am: Gentle Hatha Yoga with Jude 6-7 pm: Vinyasa Beginners Yoga with Lewanna 7.15-8 pm: Monday Meditation	<b>13</b> 10-11 am: Meditation with Venerable Dolma 6-7 pm: Hatha Yoga with Jude	<b>14</b> 6-7 pm: Yin Yoga and Meditation with Jude <b>7.30-9 pm: Tara Buddha Puja</b>	<b>15</b> 9-10 am: Hatha Yoga with Jude 6-7 pm: Vinyasa Gen/Experience Yoga with Lewanna	<b>16</b> <b>7.30-9 pm: Guru Puja</b>	<b>17</b> 8-9 am: Hatha Yoga Rob 9:15-10:15 am: Hatha Yoga Beginner with Jude 2-5 pm: Wheel of Life - Spiritual Preparation of Death - Part 2	<b>18</b> 8-9:30 am: Tai Chi with Thomas To 10-11 am: Sunday Meditation
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<b>30</b>						<b>1</b>  10-11 am: Sunday Meditation
<b>2</b> 9-10 am: Gentle Hatha Yoga with Jude 6-7 pm: Vinyasa Beginners Yoga with Lewanna	<b>3</b> 10-11 am: Meditation with Venerable Dolma 6-7 pm: Hatha Yoga with Jude 7:30-9:30 pm: Insight Teachings by Geshe Sonam	<b>4</b> 6-7 pm: Yin Yoga and Meditation with Jude 7.30-9 pm: "How to Develop Bodhicitta (1)" with Geshe Sonam	<b>5</b> 9-10 am: Hatha Yoga with Jude 6-7 pm: Vinyasa Gen/Experience Yoga with Lewanna	<b>6</b>	<b>7</b> 8-9 am: Hatha Yoga Rob 9:15-10:15 am: Hatha Yoga Beginner with Jude 10 am: Busy Bee 2-3:30 pm: <i>Medicine Buddha Puja</i> 3:45-5:00 pm: WHEEL OF LIFE- Prayers for the Deceased	<b>8</b> 8-9:30 am: Tai Chi with Thomas To 10-11 am: Sunday Meditation 2.30-4:30pm: "The 37 Practices of a Bodhisattva" by Geshe Sonam
<b>9</b> 9-10 am: Gentle Hatha Yoga with Jude 6-7 pm: Vinyasa Beginners Yoga with Lewanna 7:15-8 pm Monday Meditation	<b>10</b> 10-11 am: Meditation with Venerable Dolma 6-7 pm: Hatha Yoga with Jude 7:30-9:30 pm: Insight Teachings by Geshe Sonam	<b>11</b> 6-7 pm: Yin Yoga and Meditation with Jude 7.30-9 pm: "How to Develop Bodhicitta (2)" with Geshe Sonam	<b>12</b> 9-10 am: Hatha Yoga with Jude 6-7 pm: Vinyasa Gen/Experience Yoga with Lewanna	<b>13</b> 7-9 pm: "From the Cushion to the Street" with Owen Cole	<b>14</b> 8-9 am: Hatha Yoga with Rob 9:15-10:15 am: Hatha Yoga Beginner with Jude 4:30-6:30pm: <i>Guru Puja</i>	<b>15</b> 8-9:30 am: Tai Chi with Thomas To 10-11 am: Sunday Meditation 2.30-4:30pm: "The 37 Practices of a Bodhisattva" by Geshe Sonam
<b>16</b> 9-10 am: Gentle Hatha Yoga with Jude 6-7 pm: Vinyasa Beginners Yoga with Lewanna 7:15-8 pm Monday Meditation	<b>17</b> 10-11 am: Meditation with Venerable Dolma 6-7 pm: Hatha Yoga with Jude 7:30-9:30 pm: Insight Teachings by Geshe Sonam	<b>18</b> 6-7 pm: Yin Yoga and Meditation with Jude 7.30-9 pm: "How to Develop Bodhicitta (3)" with Geshe Sonam	<b>19</b> 9-10 am: Hatha Yoga with Jude 6-7 pm: Vinyasa Gen/Experience Yoga with Lewanna	<b>20</b> 7-9 pm: Movie Night "108 Yaks" at HBC	<b>21</b> 8-9 am: Hatha Yoga with Rob 9:15-10:15 am: Hatha Yoga Beginner with Jude 2-5 pm: WHEEL OF LIFE - Finding Meaning in Life Part 1	<b>22</b> 8-9:30 am: Tai Chi with Thomas To 10-11 am: Sunday Meditation 2.30-4:30pm: "The 37 Practices of a Bodhisattva" by Geshe Sonam
<b>23</b> 9-10 am: Gentle Hatha Yoga with Jude 6-7 pm: Vinyasa Beginners Yoga with Lewanna 7:15-8 pm: Monday Meditation	<b>24</b> 10-11 am: Meditation with Venerable Dolma 6-7 pm: Hatha Yoga with Jude 7:30-9:30 pm: Insight Teachings by Geshe Sonam	<b>25</b> 6-7 pm: Yin Yoga and Meditation with Jude 7.30-9 pm: "How to Develop Bodhicitta (4)" with Geshe Sonam	<b>26</b> 9-10 am: Hatha Yoga with Jude 6-7 pm: Vinyasa Gen/Experience Yoga with Lewanna	<b>27</b>	<b>28</b> 8-9 am: Hatha Yoga with Rob 9:15-10:15 am: Hatha Yoga Beginner with Jude 4:30-6:30pm: <i>Tara Buddha Puja</i>	<b>29</b> 8-9:30 am: Tai Chi with Thomas To 10-11 am: Sunday Meditation 2.30-4:30pm: "The 37 Practices of a Bodhisattva" by Geshe Sonam 5-7 pm: <i>Guru Puja</i>