

## Summer Programme 2011

### Sakya Thubten Ling Buddhist Centre

<b>May</b>			
<b>Wednesday</b>	4 <sup>th</sup>	Meditation	7.30 – 8.30 pm
<b>Thursday</b>	5 <sup>th</sup>	Meditation	9.30 – 11 am
<b>Sunday</b>	8 <sup>th</sup>	1 <sup>st</sup> & 2 <sup>nd</sup> Noble Truths	6.00 – 7.30 pm
<b>Wednesday</b>	11 <sup>th</sup>	Meditation	7.30 – 8.30 pm
<b>Thursday</b>	12 <sup>th</sup>	Meditation	9.30 – 11 am
<b>Saturday</b>	14 <sup>th</sup>	Open Session	11 – 4pm
<b>Sunday</b>	15 <sup>th</sup>	3 <sup>rd</sup> & 4 <sup>th</sup> Noble Truths	6.00 – 7.30 pm
<b>Wednesday</b>	18 <sup>th</sup>	Meditation	7.30 – 8.30 pm
<b>Thursday</b>	19 <sup>th</sup>	Meditation	9.30 – 11 am
<b>Sunday</b>	22 <sup>nd</sup>	Right View	6.00 – 7.30 pm
<b>Wednesday</b>	25 <sup>th</sup>	Meditation	7.30 – 8.30 pm
<b>Thursday</b>	26 <sup>th</sup>	Meditation	9.30 – 11 am
<b>Sunday</b>	29 <sup>th</sup>	Right Thought	6.00 – 7.30 pm
<b>June</b>			
<b>Wednesday</b>	1 <sup>st</sup>	Meditation	7.30 – 8.30 pm
<b>Thursday</b>	2 <sup>nd</sup>	Meditation	9.30 – 11 am
<b>Sunday</b>	5 <sup>th</sup>	Right Speech	6.00 – 7.30 pm
<b>Wednesday</b>	8 <sup>th</sup>	Meditation	7.30 – 8.30 pm
<b>Thursday</b>	9 <sup>th</sup>	Meditation	9.30 – 11 am
<b>Saturday</b>	11 <sup>th</sup>	Open Session	11 – 4pm
<b>Sunday</b>	12 <sup>th</sup>	Right Action	6.00 – 7.30 pm
<b>Wednesday</b>	15 <sup>th</sup>	Meditation	7.30 – 8.30 pm
<b>Thursday</b>	16 <sup>th</sup>	Meditation	9.30 – 11 am
<b>Sunday</b>	19 <sup>th</sup>	Right Livelihood & Effort	6.00 – 7.30 pm
<b>Wednesday</b>	22 <sup>nd</sup>	Meditation	
<b>Thursday</b>	23 <sup>rd</sup>	Meditation	9.30 – 11 am
<b>Sunday</b>	26 <sup>th</sup>	<b>Public Talk 'Why are we in this Conflicted World'</b> <b>Lama Lekshey</b>	6.00 – 7.30 pm
<b>Wednesday</b>	29 <sup>th</sup>	<b>1<sup>st</sup> Teaching of the Samanthabhadra Prayer</b> <b>Lama Lekshey</b>	7.15 – 8.30 pm
<b>Thursday</b>	30 <sup>th</sup>	Meditation	9.30 – 11 am
<b>July</b>			
<b>Sunday</b>	3 <sup>rd</sup>	Right Mindfulness & Concentration	6.00 – 7.30 pm
<b>Wednesday</b>	6 <sup>th</sup>	<b>2<sup>nd</sup> Teaching of the Samanthabhadra Prayer</b> <b>Lama Lekshey</b>	7.15 – 8.30 pm
<b>Thursday</b>	7 <sup>th</sup>	Meditation	9.30 – 11 am
<b>Saturday</b>	9 <sup>th</sup>	Open Session	11 – 4pm
<b>Sunday</b>	10 <sup>th</sup>	Generosity	6.00 – 7.30 pm
<b>Wednesday</b>	13 <sup>th</sup>	<b>3<sup>rd</sup> Teaching of the</b>	7.15 – 8.30 pm

		<b>Samanthabhadra Prayer Lama Lekshey</b>	
<b>Thursday</b>	14 <sup>th</sup>	Meditation	9.30 – 11 am
<b>Sunday</b>	17 <sup>th</sup>	Morality	6.00 – 7.30 pm
<b>Wednesday</b>	20 <sup>th</sup>	<b>4<sup>th</sup> Teaching of the Samanthabhadra Prayer Lama Lekshey</b>	7.15 – 8.30 pm
<b>Thursday</b>	21 <sup>st</sup>	Meditation	9.30 – 11 am
<b>Sunday</b>	24 <sup>th</sup>	Patience	6.00 – 7.30 pm
<b>Wednesday</b>	27 <sup>th</sup>	<b>5<sup>th</sup> Teaching of the Samanthabhadra Prayer Lama Lekshey</b>	7.15 – 8.30 pm
<b>Thursday</b>	28 <sup>th</sup>	Meditation	9.30 – 11 am
<b>Sunday</b>	31 <sup>st</sup>	Joyful Effort	6.00 – 7.30 pm
<b>August</b>			
<b>Wednesday</b>	3 <sup>rd</sup>	<b>6<sup>th</sup> Teaching of the Samanthabhadra Prayer Lama Lekshey</b>	7.15 – 8.30 pm
<b>Thursday</b>	4 <sup>th</sup>	Meditation	9.30 – 11 am
<b>Sunday</b>	7 <sup>th</sup>	Concentration & Wisdom	6.00 – 7.30 pm

Programme ends Sunday 7<sup>th</sup> August and resumes Wednesday 7<sup>th</sup> September 2011