



RIGPE DORJE CENTRE founded by H.E. The THIRD JAMGON KONGTRUL RINPOCHE

OCTOBER 2011 ACTIVITIES

Teachings are given by Resident Teacher, Lama Yeshi, unless otherwise noted

Teachings by **Lama Rabten**
on **The Eightfold Path:**
\$20 per session
(RDC & Nalandabodhi
members: \$15)
\$80 for the whole program
(RDC & Nalandabodhi
members: \$65)

Teachings by
Lama Yeshi:
\$15 (\$10 RDC members)

These are suggested
donations, however please
give what you can.

RIGPE DORJE CENTRE
503, 5TH AVENUE
VERDUN (QC) H4G 2Z2

(Verdun METRO, between
De Verdun St. and
Wellington St.)

Tel.: **(514) 485-8886**
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rigpedorjementreal.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Suggested Rigpe Dorje Centre Monthly Membership: \$25 (a portion tax deductible)						SHAMATHA ¹ Practice: Calm Abiding Meditation <i>10:30 a.m. - noon</i>
2 GREEN TARA Practice: Deity of Protection <i>10:30 – 11:30 a.m.</i>	3	4	5 CHENREZIG Sadhana Practice: Deity of Compassion <i>7:30 – 9:00 p.m.</i>	6 Teaching by Lama Yeshi on 7 Points of Mind Training <i>7:30 – 9:00 p.m.</i>	7 Teaching by Lama Rabten on The Eightfold Path <i>7:00 – 9:00 p.m.</i>	8 Teaching by Lama Rabten on The Eightfold Path <i>9:30 a.m. - noon 1:30 - 4:00 p.m.</i>
9 Teaching by Lama Rabten on The Eightfold Path <i>9:30 a.m. - noon 1:30 - 4:00 p.m.</i>	10	11	12 MEDICINE BUDDHA Sadhana Practice <i>1:30 – 2:30 p.m. 7:30 – 9:00 p.m.</i>	13 Teaching by Lama Yeshi on 7 Points of Mind Training <i>7:30 – 9:00 p.m.</i>	14	15 SHAMATHA Practice: Calm Abiding Meditation <i>10:30 a.m. - noon</i>
16 GREEN TARA Practice: Deity of Protection <i>10:30 – 11:30 a.m.</i>	17	18	19 CALLING THE LAMA FROM AFAR Practice of Devotion <i>7:30 – 9:00 p.m.</i>	20	21	22 SHAMATHA Practice: Calm Abiding Meditation <i>10:30 a.m. - noon</i>
23 GREEN TARA Practice: Deity of Protection <i>10:30 – 11:30 a.m.</i>	24	25	26 CHENREZIG Sadhana Practice: Deity of Compassion <i>7:30 – 9:00 p.m.</i>	27	28	29 SHAMATHA Practice: Calm Abiding Meditation <i>10:30 a.m. - noon</i>
30 GREEN TARA Practice: Deity of Protection <i>10:30 – 11:30 a.m.</i>	31				September 2010 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	November 2011 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30