



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

APRIL 2012 ACTIVITIES

Resident Teacher: Lama Shedrup Tendar

Guided Shamatha Practice:

Calm Abiding Meditation
Lama Shedrup will guide the sessions of Shamatha Practice, providing opportunity for questions and discussion about individual experiences in the meditation.

Suggested donations:
\$15 (\$10 for members)
per session

Lama Shedrup Tendar will be doing **Green Tara & Medicine Buddha Sashanas Practices** each morning and **Mahakhala Sadhana Practice** each afternoon. All these are open to those who would like to observe - please call for times.

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

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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Guided Shamatha Practice: Calm Abiding Meditation 10 a.m. - noon	2	3	4 CHENREZIG / GURU YOGA Sadhana Practices: meditation of compassion & devotion 7:30 – 9:00 p.m.	5	6	7 Easter break
8 Easter break	9	10	11 CHENREZIG / GURU YOGA Sadhana Practices: meditation of compassion & devotion 7:30 – 9:00 p.m.	12	13	14 Guided Shamatha Practice: Calm Abiding Meditation 10 a.m. - noon
15 Guided Shamatha Practice: Calm Abiding Meditation 10 a.m. - noon	16	17	18 CHENREZIG / GURU YOGA Sadhana Practices: meditation of compassion & devotion 7:30 – 9:00 p.m.	19	20 MAHAKHALA Sadhana Practice: pacification of outer, inner and secret obstacles to spiritual and worldly activity 7:30 – 9:00 p.m.	21 Guided Shamatha Practice: Calm Abiding Meditation 10 a.m. - noon
22 Guided Shamatha Practice: Calm Abiding Meditation 10 a.m. - noon	23	24	25 CHENREZIG / GURU YOGA Sadhana Practices: meditation of compassion & devotion 7:30 – 9:00 p.m.	26	27	28 H.H. Dalai Lama Talk in Ottawa (no session at RDC)
29 Guided Shamatha Practice: Calm Abiding Meditation 10 a.m. - noon	30	Suggested Rigpe Dorje Centre Monthly Membership: \$25 (a portion tax deductible)				