

GYUTO MONKS OF TIBET

at the **Energy Centre, Founders Park, Nelson**

Program open 10 – 5pm + evenings as scheduled

All welcome. Entry by donation



Thursday 18 March

7.00 - 9.00pm Blessing the Space & Drawing of Blueprint of Mandala

Friday 19

10.00 - 10.30 Morning Meditation
11.00 - 12.00 Culture for Kids – Soul Sticks
12.00 - 1.00 'No Worries' Meditation Series : The Calm of Distraction
2.00 - 3.00 Happy Hour Talks with the Monks
3.00 - 4.00 Jab Khru Healing Ceremony with Gen Lama (by appt. & offering)
4.30 - 5.00 Evening Meditation
7.30 - 9.00 Buddhist Teaching with Gen Lama 'Natural Wounds'

Saturday 20

10.00 - 10.30 Morning Meditation
11.00 - 12.00 Culture for Kids – Five Wisdom Flowers
12.00 - 1.00 'No Worries' Meditation Series : Constructing Happiness
2.00 - 3.00 Tantric Art Class: Painting Auspicious Symbols
3.00 - 4.00 Karma Burning Ceremony with Thupten Tsundue (by appt. & offering)
4.30 - 5.00 Evening Meditation

Sunday 21

10.00 - 10.30 Morning Meditation
11.00 - 12.00 Culture for Kids – Peace Trees
12.00 - 1.00 'No Worries' Meditation Series : Pain without Hurt
2.00 - 3.00 Happy Hour Talks with the Monks
3.00 - 4.00 Jab Khru Healing Ceremony with Gen Lama (by appt. & offering)
4.30 - 5.00 Evening Meditation

Monday 22

10.00 - 10.30 Morning Meditation
11.00 - 12.00 Culture for Kids Mandalas on Paper
12.00 - 1.00 'No Worries' Meditation Series Satisfaction without Reward
2.00 - 3.00 Tantric Art Class: Mani Stone Painting
3.00 - 4.00 Karma Burning Ceremony with Thupten Tsundue (by appt. & offering)
4.30 - 5.00 Evening Meditation
7.30 - 9.00 Buddhist Teaching with Gen Lama 'The Lure of Immortality'

Tuesday 23

10.00 - 10.30 Morning Meditation
11.00 - 12.00 Culture for Kids – Kindness Bands
12.00 - 1.00 'No Worries' Meditation Series : Trading Grief
2.00 - 3.00 Happy Hour Talks with the Monks
3.00 - 4.00 Jab Khru Healing Ceremony with Gen Lama (by appt. & offering)
4.30 - 5.00 Evening Meditation

Wednesday 24

10.00 - 10.30 Morning Meditation
11.00 - 12.00 Culture for Kids – Mani Making
12.00 - 1.00 'No Worries' Meditation Series : Stability through Analysis
2.00 - 3.00 Tantric Art Class: Mandala Art
3.00 - 4.00 Karma Burning Ceremony with Thupten Tsundue (by appt. & offering)
4.30 - 5.00 Evening Meditation
7.30 - 9.00 Buddhist Teaching with Gen Lama 'Piecing it together with Love'

Thursday 25

10.00 - 10.30 Morning Meditation
11.00 - 12.00 Culture for Kids – Protection Talismans
12.00 - 1.00 'No Worries' Meditation Series : Tricking Depression
2.00 - 3.00 Happy Hour Talks with the Monks
3.00 - 4.00 Jab Khru Healing Ceremony with Gen Lama (by appt. & offering)
4.30 - 5.00 Evening Meditation

Friday 26

10.00 - 10.30 Morning Meditation
11.00 - 12.00 Culture for Kids – Sand and Stuff
12.00 - 1.00 'No Worries' Meditation Series : The Richness of Generosity
2.00 - 3.00 Tantric Art Class: Tibetan Travel Talismans
3.00 - 4.00 Karma Burning Ceremony with Thupten Tsundue (by appt. & offering)
4.30 - 5.00 Evening Meditation
7.30 - 9.00 Buddhist Teaching with Gen Lama 'The Wisdom of Nowhere'

Saturday 27

10.00 - 10.30 Morning Meditation
11.00 - 12.00 Culture for Kids – Thangka Making
12.00 - 1.00 'No Worries' Meditation Series : No Worries
2.00 - 3.00 Happy Hour Talks with the Monks
3.00 - 4.00 Jab Khru Healing Ceremony with Gen Lama (by appt. & offering)
4.30 - 5.00 Dissolution of the Mandala & Procession to the Sea

8.00 - 10.00pm

Gyuto Monks Of Tibet

Timeless Voices: Summer Stillness, Harmonic Chanting Performance

Admission \$20



Gyuto House Australia

www.gyuto.va.com.au
Email gyuto@gyutoaus.com
Local Ph 03 5391769 or 03 5432015