

## Our Founder & Spiritual Guide



Venerable Geshe Kelsang Gyatso is a fully accomplished meditation master and internationally renowned teacher of Buddhism. He has written a range of profound and accessible books which reveal how to practice ancient Buddhist wisdom in our modern society. He shows through his perfect example how to lead a meaningful life and bring happiness and benefit to others.

## Our Resident Teacher



Kelsang Tsering has been a disciple of Venerable Geshe-la for many years. She provides pure Buddhist teachings incisively and with much warmth and humour. Tsering is a modern day example of how Buddhadharma can be applied to everyday experiences, transforming them into a powerful and meaningful spiritual life.

### Classes at Tara Centre - 18 Long Lane Dublin

#### Buddhist teaching & Meditation classes

Tuesday 7:00- 8:30pm

Everyone can benefit from these classes, which are designed to address everyday problems with simple and practical advice and meditation experience. €8

#### Courses:

The Path to Inner Peace 7 Feb - 28 Feb  
(Starts with a free talk 7th Feb)  
Better Relationships 6 Mar - 27 Mar  
Inner Strength 10 Apr - 15 May

#### Simply Meditate Classes

Wednesday Lunchtime 12:30 - 1:15pm New time  
Wednesday Evening 7:00- 8:00pm

For beginners or experienced meditators. Enjoy a peaceful hour consisting of two easy guided meditations to relax and calm the mind. €6/class.  
(Starts 8 Feb)

#### Prayers & Meditation for World Peace

Sunday 10:45 - 11:30am  
Enjoy these beautiful short prayers and a guided meditation dedicated to World Peace. (Starts 12 Feb)

## Weekly drop-in classes

### Classes around Dublin

#### Courses:

The Path to Inner Peace 9 Feb - 1 Mar  
Better Relationships 8 Mar - 29 Mar  
Inner Strength 12 Apr - 17 May

#### Dun Laoghaire Thursday 7:00- 8:30pm

Dun Laoghaire Club - 3 Eblana Ave  
€8/class  
(Starts with a free talk 9th Feb)

#### Ballymun Thursday 7:30- 9:00pm

The Axis. 9 Main St  
€8/class

#### Tallaght Thursday 5:00 - 6:00pm

Enjoy a peaceful hour consisting of two easy guided meditations to relax and calm the mind.

The Quiet Room. ITT Tallaght  
Simply Meditate Class. 9 Feb - 29 March  
€6/class. New class

### Classes around Ireland

#### Courses:

The Path to Inner Peace 9 Feb - 1 Mar  
Better Relationships 8 Mar - 29 Mar  
Inner Strength 12 Apr - 17 May

#### Galway

Tuesday 7:00- 8:30pm - Simply Meditate New class  
Starts 7 Feb.

Enjoy a peaceful hour consisting of two easy guided meditations to relax and calm the mind.

Thursday 7:00- 8:30pm - The Path to Inner Peace  
Westside Resource Centre. Seamus Quirke Rd

#### Ennis, Co. Clare

Wednesday 7:30- 9:00pm New class

Clare Training Resource Centre  
Clonroad Business Park, Clonroad, Ennis (Starts 8 Feb)

#### Athlone

Thursday 7:30- 9:00pm New time  
Circle of Life. Roscommon Rd

## Day Courses & Half Day Courses

### A good heart

Staurday 3 Mar 10:00 – 4:00pm

Increasing our happiness is very simple, all we need to do is develop a good heart toward others. €30

### Peace of mind for busy people

Saturday 21 Apr 9:30 – 1:00pm

Spend half a day enjoying easy meditations to find your peace of mind. €20

### Finding stillness

Saturday 9 Jun 10:00 – 4:00pm

Taste the peace of concentration in this day of guided breathing meditations. €30

### Galway – Meditations for a kind heart

Saturday 12 May 10:00 – 4:00pm

Find happiness through increasing your love and compassion for others. €30

## Special Event



### Blessing Empowerment of Dorje Shugden

Saturday 24 Mar 11:00 – 5pm

If we rely upon the Protector Dorje Shugden, all our virtuous needs and wishes will be fulfilled and all obstacles dispelled. Join us and make an unbreakable connection with this holy being so you can come under his loving care.

## Meditation Retreats

Meditation retreats help us improve our concentration and develop deeper experiences of our positive states of mind. They are suitable for everyone.

### 21 Meditations for a happy life – Guided Lamrim Meditations

Fri 27 Jan – Thur 2 Feb

### Refuge – Protection for your mind

31 Mar – 4 Apr



### Tara Kadampa Buddhist Centre

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# meditation & buddhism

## for daily life



### Tara Kadampa Buddhist Centre