

Jamyang Buddhist Centre

Exploring Buddhism Programme Schedule 2021 - 2024

Teaching Weekend Schedule	
Saturday	Sunday
10:00 - 11:30 11:40 - 13:00 (Q&A) 14:00 - 15:30	10:00 - 11:30 11:40 - 13:00 (Q&A) 14:00 - 15:30
Three teaching sessions with guided meditations and Q&A.	Two teaching sessions with guided meditation and Q&A. Group discussion (14:00 - 15:00) and final Q&A with Geshe Namdak (15:00 - 15:30).
2021	
Weekends	Module
16-17 October	Exploring the Mind
13-14 November	Exploring the Mind
2022	
Weekends	Module
16-Jan	Review, Q&A, and Integration Practice Weekend
20-Feb	Review, Q&A, and Integration Practice Weekend
23-24 April	Exploring Meditation
21-22 May	Exploring Meditation
25-26 June	Exploring the Truths
16-17 July	Exploring the Truths
17-18 September	Exploring the Path
15-16 October	Exploring the Path
12-13 November	Exploring the Path
2023	
Weekends	Module
14-15 January	Review, Q&A, and Integration Practice Weekend
18-19 February	Review, Q&A, and Integration Practice Weekend
18-19 March	Review, Q&A, and Integration Practice Weekend
20-21 May	Exploring Mind Training
17-18 June	Exploring Mind Training
15-16 July	Exploring Buddhist Tenets and Exploring the Traditions
16-17 September	Exploring Buddhist Tenets and Exploring the Traditions
14-15 October	Exploring Fundamentals of Reasoning and Debate
11-12 November	Exploring Fundamentals of Reasoning and Debate
2024	
Weekends	Module
20-21 January	Review, Q&A, and Integration Practice Weekend
17-18 February	Review, Q&A, and Integration Practice Weekend
16-17 March	Review, Q&A, and Integration Practice Weekend
18-19 May	Exploring the Sutra Grounds and Paths
15-16 June	Exploring the Middle Way
20-21 July	Exploring the Middle Way
14-15 September	Exploring Tantra (Restricted)
19-20 October	Review, Q&A, and Integration Practice Weekend
Mid November	Review, Q&A, and Integration Practice Weekend
End November	Final Assignments