

Exploring Buddhism: Mind & View

Jamyang London Buddhist Centre

September 2026 – April 2027

All sessions are at 6:30-8pm UK time, unless otherwise stated

Module 1: Exploring the View, Tenets, and the Middle Way

Date	Session	By
Monday 21 September 2026	Teaching	Geshe Tenzin Namdak
Monday 28 September 2026	Teaching	Geshe Tenzin Namdak
Monday 5 October 2026	Teaching	Geshe Tenzin Namdak
Monday 12 October 2026	Teaching	Geshe Tenzin Namdak
Monday 19 October 2026	Discussion & Review	Teaching Assistant
Monday 26 October 2026	Teaching	Geshe Tenzin Namdak
Monday 2 November 2026	Teaching	Geshe Tenzin Namdak
Monday 9 November 2026	Teaching	Geshe Tenzin Namdak
Thursday 12 November 2026	Discussion & Review	Teaching Assistant
Monday 16 November 2026	Teaching	Geshe Tenzin Namdak
Monday 23 November 2026	Teaching	Geshe Tenzin Namdak
Monday 30 November 2026	Discussion & Review	Teaching Assistant

Module 2: Exploring the Mind

DATES JANUARY-APRIL TO BE CONFIRMED