
Events & retreats March to June 2020

MAR 21 Workshop Insecurity & Uncertainty • Learn to Make Choice

MAR 23 to 29 Spring Break

APR 4 Workshop No Time? • Set Your Priorities

APR 10 to 12 Nyungnä Purification Retreat
Detox Your Mind

APR 25 - 26 Protect Your Spiritual Practice
Empowerment of Wisdom Buddha Dorje Shugden

MAY 2 Workshop Accepting Change

MAY 16 Workshop Visualising: Developing Faith in Our Spiritual Guide

MAY 17 to 20 Retreat Guru Yoga and Mandala Offering

MAY 22 to 27 International Spring Festival in England

MAY 30 Workshop Stop the Inner Critic

JUN 4 Turning the Wheel of Dharma Day & Geshe-la's Birthday

JUN 5 to 9 Canadian National Festival national in Toronto

JUN 10 to July 10 30-Day Meditation Challenge

*Request English Translation if at least 2 weeks in advance