

Pure happiness can only be attained through developing our mind.
Geshe Kelsang Gyatso

APR - JUN
2024



ABOUT US






We offer meditation courses & retreats at our main centre in Aberdeen & throughout the North of Scotland. Presented in a modern way & suitable for everyone. We also offer courses for groups, schools & businesses on request.



MEMBERSHIP

If you live in the North of Scotland you can become a supporting member of Kadampa Meditation Centre Aberdeen. Membership includes all of our regular classes & courses in person and online, with discounts for special events. Away retreats are not included. Memberships are £37 per month, concessions available on application.



-  **Phone / What's app**
07483 914 371
-  **www.meditateinaberdeen.org**
-  **77-79 King St. Aberdeen, AB24 5AB**
-  **Parking**
Nearby options & free on Sundays
-  **Registered Charity SC037146**



Communities Mental Health
& Wellbeing Fund



Scottish Government
Riaghaidh na h-Alba
gov.scot



KADAMPA MEDITATION CENTRE ABERDEEN

meditateinaberdeen.org



WHAT'S ON - WEEKLY

Weekly Classes in person & live online for members

| | | |
|-----------------------------------|--|---------|
| MON 11AM - 12:15 £9 | April The Bliss of Concentration Apr - May Find your Happy Life June Enlightened wisdom for modern living | Drop in |
| LUNCH 12:30 - 1:05 £6 | Tuesdays & Thursdays - Simply Meditate Short teachings & meditations to uplift the mind | Drop in |
| TUES 7 - 8:15PM £9 | April The Bliss of Concentration Apr - May Find your Happy Life June Enlightened wisdom for modern living | Drop in |
| THURS 7 - 9PM | Go Deeper! Join Foundation Program - <i>by enrolment</i> Studying the book Joyful Path of Good Fortune 7 - 9 June Relax & Unwind Retreat | |



Retreats in Portsoy 2024

26 - 28 Apr | The Bliss of Concentration

27 - 29 Sept | Pathway to Happiness

22 - 24 Nov | Finding Freedom & Peace



OUR TEACHER

Gen Kelsang Tubchen is the Resident Teacher at KMC Aberdeen. An inspiring and gifted teacher, she is loved for her clear, powerful and practical teachings. She ordained as a Buddhist nun in 2003 and has over 20 years of experience of engaging in, teaching and guiding retreats both in the Nordic region and the British Isles.

CLASSES IN OTHER AREAS

We have weekly classes in **Inverurie, Elgin & Nairn** regular courses in **Inverness & Shetland**, and pop up courses planned for **Stonehaven, Banchory, Ellon, Keith, Peterhead & Orkney**. for more info www.meditateinaberdeem.org

WHAT'S ON - WEEKENDS

In person at KMC Aberdeen & online for members



APRIL 13-14 **JE TSONGKHAPA**
WISDOM BUDDHA EMPOWERMENT
WITH GEN TUBCHEN



Inner Protection - Refuge Retreat

Sun 31 March | 10am - 4pm | £28

Find freedom from fear & an inner experience of spiritual protection.



An Inner Anchor of Peace

Sun 7 April | 10am - 1:15pm | £19 (free for members)

Meditations to survive and thrive! Followed by NKT day presentation.



Children's classes - The magic of meditation

29 April, 6 & 20 May | Mon 6:30-7:30pm | £20 per child for the series

Ages 5 - 12, includes art, crafts & play



Finding inner Liberation

Sun 5 May | 10am - 1:15pm | £19 (free for members)

Exploring the first principal aspect of the Spiritual path



The Buddhist way of loving kindness

Sun 19 May | 10am - 1:15pm | £19 (free for members)

Exploring the second principal aspect of the Spiritual path



Perfecting your Wisdom

Sun 2 June | 10am - 1:15pm | £19 (free for members)

Exploring the third principal aspect of the Spiritual path



Offering our Faith Retreat Day

Tues 4 June | 10am - 4pm | free

Celebrating Buddha's Turning of the Wheel of Dharma



Midsummer Meditations & Picnic

Sun 16 June | 10 - 3 | £19 (free for members)

Meditations, walks in the botanics & summer community picnic