

As this is a spiritual meditation centre you can also help to maintain the peace and tranquillity by being mindful of your actions.

We ask you to undertake:

- to refrain from harming or killing anything;
- to refrain from taking that which is not freely given;
- to refrain from all forms of immorality or any action which is subject to blame;
- to refrain from speaking falsely, harshly or unkindly;
- to refrain from using tobacco, alcohol or recreational drugs which cause the mind to lose its natural clarity;

We also request that you wear appropriate clothing at all times, thereby not causing any embarrassment to the Sangha.

Lam Rim is a smoke free and mobile phone free zone.

## HOW TO FIND US

BY ROAD:

1. From London/Bristol: M4 to Junction 24, then A449 north towards Monmouth.
2. At the 2nd junction, take the slip road to join the A40 towards Abergavenny. Cross over to the right-hand filter and cross over the A40, then take the left-hand filter. There is a small sign for TREGARE, turn left into a country lane.
3. There are 3½ miles of lanes, follow lane to T-junction, then turn left.
4. Pass a church, and two cottages. Sign post PENRHOS, then turn right.
5. Third turning on the right, sign post PENRHOS, then turn right again.
6. Pass another church, the Old Vicarage is on the right, and 600 yards on the left is Lam Rim Buddhist Centre.

BY TRAIN:

Paddington to Newport.

Change at Newport for Abergavenny.

From the North there are connections to Abergavenny.

Taxis run from Abergavenny to Penrhos.

BY COACH:

Victoria to Newport Bus Station.

Bus from Newport to Raglan.

Please telephone the Centre from Raglan if you need to be collected.

Some national buses run to Abergavenny.

Taxis run from Abergavenny to Penrhos.

### Data Protection Act

The mailing list used by Lam Rim Buddhist Centre is maintained on computer. Your details will not be passed onto any third parties. If you object to your record being kept on our computer file, please write to us and we will remove it.

## KEEPING IN TOUCH & COSTS

Join our mailing list (regular) . . . £6.00

### Become a Friend of Lam Rim

- receive the programme and our Mandala newsletter - (annual) . . . £15.00

### Become a Guardian of Lam Rim

By becoming a 'Guardian of Lam Rim' you will be helping Lam Rim Buddhist Centre cover its overheads and running costs. Twice a year you will have the chance to win a weekend for two in the Coach House, when all the Guardian names are entered into a free draw.

Gift Aid . . . £10.00 per month

VISITS:	4 bed room + full board per day.....	£48.00
	Single room + full board per day.....	£54.00
SLEEPING:	4 bed room per night.....	£21.00
	Single per night.....	£27.00

Courses Excluding Tutor's Fee (per weekend):

4 bed room + full board.....	£96.00
Single room + full board.....	£108.00

### Individual Meditation Retreats:

Programme first to be submitted to the spiritual director for approval. Fees by arrangement.

MEALS:	Breakfast.....	£6.50
	Lunch.....	£8.50
	Supper.....	£7.00
	Tea/Herbal teas.....	£5.00



## A luxury retreat facility THE COACH HOUSE



Four light and spacious, self-contained apartments for retreat periods of quiet reflection (self catering) or as alternative accommodation during your weekend course at Lam Rim Buddhist Centre

Weekend.....	£144 each per apartment for 2
Week.....	£164 per apartment for 2
Formal Retreat (see above).....	£150 per week for 1

# LAM RIM BUDDHIST CENTRE

A COUNTRY RETREAT IN SOUTH WALES



AUTUMN / WINTER 2008

LAM RIM BUDDHIST CENTRE  
Penrhos . Raglan  
Usk . Monmouthshire . NP15 2LE  
☎ 01600 780383

<http://www.lamrim.org.uk>  
[margaret@lamrim.org.uk](mailto:margaret@lamrim.org.uk)

Registered Charity No. 326675

All courses and retreats start at 7:00pm with supper on the 1<sup>st</sup> day, and finish after lunch on the final day. Arrivals from 4:30pm. For further information about the courses and retreats, please visit our website at [www.lamrim.org.uk](http://www.lamrim.org.uk)

### TEACHINGS - Ven Geshe Damchö Yönten

During September until November Ven Geshe Damcho-la will be giving Teachings in South Africa, and with regrets we shall have no Sunday or Tuesday Teachings during those months. Ven Geshe Damcho returns on November 11<sup>th</sup> and he will resume Teachings on:

**SUNDAYS 3:30pm – 4:30pm (Lam Rim Chenmo)**

30 November; 7, 14 December

**TUESDAYS - 1<sup>st</sup> & 3<sup>rd</sup> of the month 11:00am – 12noon**

(Guide to the Bodhisattva Way of Life)

2, 16 December

- Suggested Offering Donation £4.00

### DAILY SILENT SITTING MEDITATION

9:00am – 9:30am ☪ 4:30pm – 5:00pm

### SEPTEMBER

#### 19 - 21 (Friday - Sunday) **YOGA AND MEDITATION** - Dani

This gentle, healing retreat is suitable for beginners and those with some Yoga experience, and is perfect for those new to retreats. The programme includes posture-work, chakra balancing, Pranayama (breathwork), various meditations, chanting, personal healing space, discussions on various aspects of Yoga including leading a Yogic lifestyle & Karma Yoga. We will look at detoxing and cleansing the body the Yoga way, and you will learn how to make subtle changes in your attitude and everyday life to enhance your well-being and help you de-stress. Through guided meditations you can begin to let go of issues holding you back and help you to move forward on your path. Handouts will be given covering anything we have discussed and learnt for you to refer to after your return home from your retreat.

**Cost:** £175 all inclusive plus a FREE Yoga mat or pair of Yoga Thai Pants, and neti pot.

**Contact:** Dani (07929) 658581,  
or, Shop Holistic (029) 0283 0009  
[info@bydani.co.uk](mailto:info@bydani.co.uk) [www.bydani.co.uk](http://www.bydani.co.uk)

#### 26 - 28 (Friday – Sunday) **AUTUMN AT LAM RIM**

- Mary Madhavi

A week-end of Hatha Yoga.

**Contact:** Mary 02920 482673  
[Mary.madhavi@ntlworld.com](mailto:Mary.madhavi@ntlworld.com) [www.marysyoga.co.uk](http://www.marysyoga.co.uk)

### OCTOBER

#### 3 - 5 (Friday – Sunday) **MINDFULNESS RETREAT**

- John Peacock

Experience a peaceful and tranquil retreat during this season of transformation. Refresh yourself with the practice of Mindfulness whether sitting, walking, standing, resting or eating. We can start the practice of Mindfulness Meditation with the simple observation and feeling of each breath. Breathing in, we know we're breathing in, breathing out, we know we are breathing out. It's very simple - although not easy. After a few breathes our wandering minds go all over the place and our concentration is lost. So we need to train our minds coming back to the breath again, allowing the mind to rest in the present moment. SUITABLE FOR ALL

JOHN has over 20 years teaching meditation and the practical dimensions of Buddhism. He has taught in many Centres in the UK and abroad.

**Total Cost:** £140pp for 4 bedded shared room residential  
+£16 Single Room supplement  
£90 non-residential (incl. food)

Please send £50 non-refundable deposit to secure a place as the Retreat will be open to a maximum of 14 residential participants.

#### 11 SATURDAY WORKSHOP 10:00am – 4.30pm

#### **EVERYDAY LIFE THROUGH YOGA** – Margaret Cook

A day with Hatha Yoga, Meditation and Relaxation. ALL ARE WELCOME

To book or for further information contact 01633 420544

**Cost:** £25pp inc. lunch

#### 17 - 19 (Friday – Sunday) **AUTUMN REJUVENATION**

- Chris Jarmey

Following the highly successful SPRING INTO ACTION WEEKEND WITH Chris in April, we now have the opportunity to do some QIGONG – to boost our energy

MEDITATION – in a space where its hard NOT to meditate  
HEALING SOUNDS – to regenerate our organs and tissues  
RECEIVE SHIATSU – to open our sinews 7 joints  
SUITABLE FOR ALL

**Total Cost:** £133pp. for 4 bedded shared room residential  
+£16 Single Room supplement  
£90 non-residential (inc food)

Please send £50 non-refundable deposit to secure a place as there are Limited Places Available.

### NOVEMBER

#### 6 - 9 (Thursday – Sunday) **YOGA LIVING** - Derek Thorne

For information and bookings go to [www.yogaliving.co.uk](http://www.yogaliving.co.uk)

#### 21-23 (Friday to Sunday) **DEVELOPING INNER STILLNESS**

- Ven Geshe Damcho Yonten

A silent weekend retreat with our Spiritual Director on his return from giving Teachings at Lam Rim Centre, South Africa and Durban. We will explore our inner quietness and Geshe-la will give guidance and answer questions in relation to our meditation experiences. SUITABLE FOR ALL

**Total Cost:** £108pp for 4 bedded shared room residential  
+£16 Single Room supplement  
£74 non-residential (incl food)

#### 15 SATURDAY WORKSHOP 10.00 am – 4.30pm

#### **YOGA TODAY** – Ruth Morris

In the peaceful environment at Lam Rim, we will spend the day on how to live Yoga in its entirety both on and off the mat. ALL ARE WELCOME

To book or for further information contact 01633 482402

**Cost:** £25 inc lunch

### DECEMBER

#### 21 (Sunday) **ANNIVERSARY OF LAMA TSONG KHAPA**

- Ven Geshe Damcho Yonten

24 HOUR Precepts will be given. Chanting Guru Yoga Sadhana Arrive Saturday 20 pm, leave Monday 22 am if taking 24 hr Precepts. Non-residential – Sunday only.

Please telephone or email your bookings.

**Cost:** – By Donation  
plus Offering Donation to Ven Geshe Damcho

“Many people who visit Lam Rim Buddhist Centre comment on how peaceful it is. This tranquillity is not brought about by living in the country, otherwise all country houses would be peaceful. That is not so. This tranquillity is brought about by constant practice. People do not realise that. The more effort one puts into spiritual practice, the more peaceful one's mind becomes and then one generates calmness.”

- Ven. Geshe Damchö Yönten