

STUDY AND MEDITATION GROUP AUTUMN 2011  
'Eight Verses of Mind Training'



Kagyu Dechen Dzong  
Buddhist Centre

32 Harrison Grove,  
Starbeck, Harrogate HG1 4QJ

8 minutes walk from Starbeck Railway Station  
& the bus stop at the Avenue

Wednesdays at 7.30pm  
commencing 14th September 2011

September	14	21	28	
October	5	12	19	26
November	2			

Facility Fee £4.00 per session,  
£25.00 for the 8 if paid in advance.

In order to gain lasting benefit from the receipt of teachings it is traditional to reflect and meditate on them. To this end Kagyu Dechen Dzong is hosting an 8-week study and meditation group at the Harrogate Centre.

The aims of the study group are to complete any notes we have made and to gain clarity and confidence in applying the guidance and advice to our everyday lives.

There will be a 20 minute session of guided calm abiding meditation prior to the study group and the evening will conclude with a light supper.

For further information please call Tricia on 01282 841570,  
or email [yorkshire@dechen.org](mailto:yorkshire@dechen.org).

[www.dechen.org](http://www.dechen.org)



Kagyu Dechen Dzong is a member of Dechen, an international association of Sakya and Karma Kagyu Buddhist centres founded by Lama Jampa Thaye under the spiritual authority of Karma Thinley Rinpoche. It is administered by the Kagyu Dechen Trust, registered charity no.1064198.