

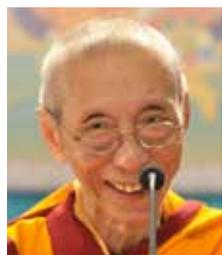
## ABOUT US

Our centre is part of the New Kadampa Tradition (NKT-IKBU) and is a registered charity run by dedicated volunteers.

We offer the people of Glasgow and surrounding areas the practical benefits of modern Kadampa Buddhist meditation. These timeless techniques can be used by anyone to solve daily problems and lead happy and peaceful lives.

Through personal transformation we create the foundation for peace in our families, communities and the world.

Everyone is welcome!



Venerable Geshe Kelsang Gyatso Rinpoche is a fully-accomplished meditation master and founder of the New Kadampa Tradition. Invited to teach in the West in 1977, he has written over 20 highly-acclaimed books and established 1200 Centres worldwide.

Gen Kelsang Tubchen is the Resident Teacher of KMC Glasgow. Ordained by Venerable Geshe-la in 2003, Gen Tubchen is an inspiring and gifted teacher. She is loved for her clear, powerful and practical teachings and her deep experience of retreat.



## THE BENEFITS OF MEDITATION

- Freedom from worry, stress and frustration
- Increased energy, focus & concentration
- Improved relationships with others
- The confidence to become a better person
- Finding a deeper meaning in life

*Fantastic little haven in the heart of the merchant city! People here are wonderful, and it's an excellent place to start a meditation practice - Paul*

*Last night's talk was amazing and the meditation was something else... feeling so happy and content this morning after a great night's sleep - Susan*

## PARENTS & TOTS

Meditation for parents in a child-friendly atmosphere, with 0-4 yr olds

**MONDAYS 10.30-11.30AM**  
Book in advance

### Meditation for Busy Parents

**SEP 2, 9, 16 (3 wks)**

### Surviving Parenting!

**NOV 4, 11, 18 (3 wks)**



## KIDS CLUB

kids without worry

**SUNDAYS 3-4.15PM**  
**AUG 18 - SEP 1 (3 wks)**  
Book in advance  
Story-telling, games, meditation & crafts for 5-12 yr olds



## FRIDAY NIGHTS

Join us for uplifting chanted prayers dedicated to world peace and enjoy vegetarian food.

Everyone is welcome

**FRIDAYS 7-8.30PM**  
(EXCEPT JUL 26 - 9 AUG)



## FIND US



We are located on Hutcheson St in the heart of the Merchant City, a few minutes walk from Central, Queen St, Argyle St, and High St train stations. Look out for the blue flags outside. In addition to our course times we are open Monday - Saturday from 2 - 5pm with a shop and self service cafe. Just drop in!

## BECOME A MEMBER

Save money with our great value monthly membership and support the centre at the same time.

### MONTHLY MEMBERSHIP | £30

Admission to all classes, courses\* and branches run by KMC Glasgow. Payable by standing order for min 3 months. \*30% off Special Events.

### BECOME A BENEFACTOR | £40+

Our top tier of membership has all the benefits of monthly membership, with the added bonus of free entry to special events. Benefactors can choose to donate as generously as they wish.

### MONTHLY CARD | £35

For £35 you can purchase a one month class card for unlimited classes and courses (excludes special events).

## CONTACT US

### Kadampa Meditation Centre Glasgow

78 Hutcheson Street, Glasgow, G1 1SH  
info@meditateinscotland.org  
0141 573 3220

[meditateinscotland.org](http://meditateinscotland.org)

@KMC\_Glasgow @KMC\_Gla KMC\_glasgow



Registered Charity Number: SC029515  
KMC Glasgow is part of the New Kadampa Tradition - International Kadampa Buddhist Union.

# MEDITATE

in Glasgow July - Sept 2019

KADAMPA  
MEDITATION  
CENTRE  
GLASGOW

## 30-MIN DROP-IN MEDITATION CLASSES

No need to book

**LUNCHTIMES | 1.15-1.45PM | £4**

Take a Breather | Mon to Fri

**AFTER WORK | 5.30-6PM | £4**

Unwind Your Mind | Wed & Fri



## EVENING CLASSES

Ideal for beginners and experienced meditators alike.

Regardless of background or beliefs, everyone can benefit from the methods presented in these classes.

**TUESDAY COURSES 7-8.15PM | BOOK ONLINE**

£15 FOR 3 WKS | £20 FOR 4 WKS | £7 DROP-IN

How to Enjoy Meditation JUL 2, 9, 16

Letting Go of Stress AUG 13, 20, 27

How to Transform Your Life SEPT 3, 10, 17, 24

**THURSDAY COURSES 7-8.15PM | BOOK ONLINE**

£15 FOR 3 WKS | £20 FOR 4 WKS | £7 DROP-IN

Meditations for A Happy Summer JUL 4, 11, 18

Letting Go of Stress AUG 15, 22, 29

The Art of Positive Thinking SEPT 5, 12, 19, 26

**SUNDAY CLASSES 5.30-6.45PM | DROP IN | FREE**

EVERY SUNDAY (EXCEPT JUL 28 TO AUG 11 & 29 SEPT)

Meditations for World Peace

Guided meditation, chanted prayers, and a short talk based on the book The New Eight Steps to Happiness.

## CLASSES AT OTHER LOCATIONS

Dumbarton | East Kilbride  
Greenock | Milngavie | Paisley  
Stirling | Southside | West End

Please visit [meditateinscotland.org](http://meditateinscotland.org)



## SATURDAY COURSES

**Vajrasattva Purification Retreat**

WITH KELSANG GAKYI

JULY 6 | 2-5.30PM | £15



**Learn to Meditate Workshop**

WITH JOELLE CALNAN

JULY 13 | 10AM-12.30PM | £12



**Relax & Recharge**

WITH ROB SKIFFINGTON & STEPHEN NICOL

JULY 20 | 10AM-1PM | £15



**Inner Peace Retreat**

WITH GEN KELSANG TUBCHEN

AUG 17 | 10-1.30PM | £15



**The Power of Mantra**

WITH ARTHUR CALNAN

AUG 24 | 10AM-1PM | £15



**Mala Making Workshop**

WITH KELSANG GAKYI

AUG 24 | 2-4PM | £10



**Silencing the Inner Critic**

WITH GEN KELSANG MACHIG

AUG 31 | 10AM-1PM | £15



**Learn to Meditate Workshop**

SEPT 7 | 10AM-12.30PM | £12



**Inner Protection**

WITH GEN KELSANG TUBCHEN

SEPT 14 | 10AM-1PM | £15



## INCHMURRIN ISLAND RETREAT

**The Oral Instructions of Mahamudra**

With Gen Kelsang Tubchen

THUR 5 - SUN 8 SEPT



## UNDERSTANDING

# KARMA

With Gen Kelsang Machig  
SEPT 21 10AM-1PM | £15



**GO DEEPER** Join a Study Programme

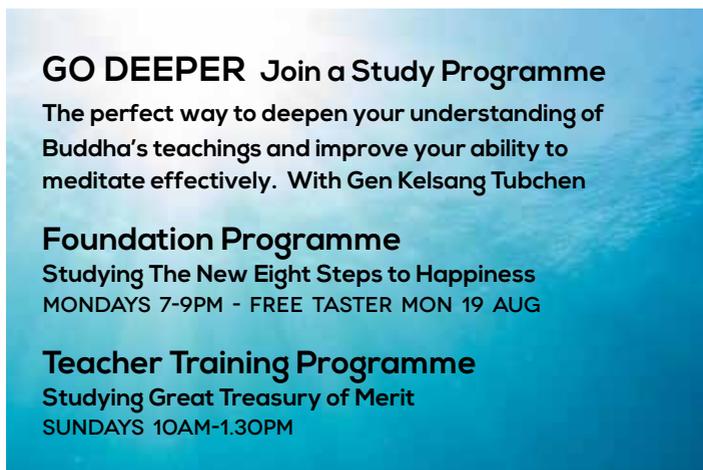
The perfect way to deepen your understanding of Buddha's teachings and improve your ability to meditate effectively. With Gen Kelsang Tubchen

**Foundation Programme**

Studying The New Eight Steps to Happiness  
MONDAYS 7-9PM - FREE TASTER MON 19 AUG

**Teacher Training Programme**

Studying Great Treasury of Merit  
SUNDAYS 10AM-1.30PM



## SPECIAL EVENTS

# LETTING GO OF STRESS



Kadam Morten Clausen

TRADES HALL OF GLASGOW  
THUR 25 JULY  
7-8.30PM | £10

## Letting Go of Stress

3 week courses  
Gen Kelsang Tubchen

TUES 13 - 27 AUG 7-8.15PM  
THUR 15 - 29 AUG 7-8.15PM



## Healing Ourselves & Others



**Medicine Buddha**

Empowerment & Teachings

Gen Kelsang Tubchen SAT 26 - SUN 27 OCT

