



**RIGPE DORJE CENTRE** founded by H.E. the Third Jamgon Kongtrul Rinpoche, Karma Lodro Chokyi Senge  
Under the spiritual guidance of H. E. the Fourth Jamgon Kongtrul Rinpoche, Karma Lodro Chokyi Nyima

## APRIL 2018 ACTIVITIES

Please note that Wednesday pujas are cancelled in April and May.

**\*April 7 & 8 Meditation Workshop**  
with Lama Tenzin Yongdu

A workshop to explore and discuss various methods of meditation by doing them and sharing experiences. The focus on Saturday will be on Shamatha (calm abiding meditation) and on Sunday on Chenrezig, including visualization and mantra recitation.

15 \$ per session (\$10 for members)  
\$50 for whole program (\$30 for members)  
If these amounts are not convenient, please give what you can. No one turned away.

**\*\*April 14 Retreat**

To collectively accumulate mantras with the aspiration to purify obstacles personally, globally and for our Gurus as well as to strengthen our devotion, samaya and spiritual progress.

Cost: Free but donations to the centre are welcome. Please register at

info@rigpedorjementreal.org  
or 514-485-8886

as this will let us know how many will be present for lunch.

**RIGPE DORJE CENTRE**

503, 5TH AVENUE  
VERDUN (QC) H4G 2Z2  
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between Verdun St.  
and Wellington St.

Tel.: (514) 485-8886

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rigpedorjementreal.org

Facebook: Centre Rigpe Dorje

Sunday	Mo	Tu	Wednesday	Th	Fri	Saturday
1 <b>SHAMATHA</b> calm abiding meditation 10:30 a.m.	2	3	4 <b>SHAMATHA</b> calm abiding meditation 7:30 p.m.	5	6	7 Lama Tenzin Yongdu <b>Meditation workshop focusing on Shamatha*</b> 10 a.m. & 2 p.m.
8 Lama Tenzin Yongdu <b>Meditation workshop focusing on Chenrezig*</b> 10 a.m. & 2 p.m.	9	10	11 <b>SHAMATHA</b> calm abiding meditation 7:30 p.m.	12	13	14 <b>GURU RINPOCHE DAY RETREAT**</b> Guru Rinpoche Puja 9 - 10:30 a.m. & 11 a.m. - 12:30 p.m. Vegetarian lunch served to all participants 12:30 - 1:30 p.m. Mahakhala Puja: 1:30 - 3:30 p.m. Tsok: 3:30 - 5 p.m.
15 Led by Lama Tenzin Yongdu <b>SHAMATHA</b> calm abiding meditation 10:30 a.m. <b>Pullahari Monastery</b> a presentation by Nancy Drury 2 p.m.	16	17	18 <b>SHAMATHA</b> calm abiding meditation 7:30 p.m.	19	20	21 <b>GREEN TARA</b> Puja: chanting meditation 10:30 a.m.
22 <b>SHAMATHA</b> calm abiding meditation 10:30 a.m.	23	24	25 <b>SHAMATHA</b> calm abiding meditation 7:30 p.m.	26	27	28 <b>GREEN TARA</b> Puja: chanting meditation 10:30 a.m.
29 <b>SHAMATHA</b> calm abiding meditation 10:30 a.m.	30	Rigpe Dorje Centre Monthly Membership: \$25 (a portion tax deductible) All membership funds go towards the monthly cost of maintaining the centre & hosting our teachers. However, membership is not required to participate in centre activities.				