

Yantra Yoga in New Zealand

Date : December 3, 2015

Oni McKinstry was in Napier, New Zealand, at the invitation of the local Sakya group – Phuntsok Choeling Buddhist Center, to teach an introductory weekend of Yantra Yoga from November 20-22, 2015. They were very keen to learn this precious Yoga and have already started a weekly practice group!







PHUNTSOK CHOELING

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Hawke's Bay Buddhist Centre

Septemer-December
EVENTS 2015



Dharma Teaching
on Cause and Effect –
Dilgo Khyentse Rinpoche

To prevent happiness without giving up negative action is like holding your hair? It is like and holding out a hot burning oil. Dilgo Rinpoche actually wants to suffer, to be sick, to be cold or hungry – but as long as we continue to indulge in wrong doing we will never get an end to suffering. Instead, we will never achieve happiness, serenity through positive deeds, words, and thoughts. Positive action is something we have to cultivate ourselves. It can be neither brought nor stolen, and no one ever stumbles on it just by chance.

Dilgo Khyentse Rinpoche from the book 'The Heart Treasure of the Enlightened One'

REGULAR EVENTS OPEN TO PUBLIC

Saturday Morning
10:30 am - Regular meditation with Lama Rinpoche
11:30 am - **Samate Meditation** (Donation \$5) (Monthly)

Monday Evening
7:30 pm - **Samate Meditation** (Donation \$5) (Monthly)

Wednesday Evening
7:30 pm - **Chöwang Practice** (containing meditation for empowerment, and chanting for increasing compassion)

Wednesday Morning
9:30 am - **Samate Meditation** (Donation \$5) (Monthly)

White Tara Dose of the 8 Branches
for Protection, Healing and Long Life
Wednesday Morning 8:30 am - 10:30 am
\$100 (200 for those who say 4, 108)

Sunday
White Tara Puja
10:30 am - 12:30 pm
\$100 (200 for those who say 4, 108)

Green Tara Dance Practice of the 21 Branches
9:30 am - 11:30 am
\$100 (200 for those who say 4, 108)

Autumn 2015 MANDALA Show
Sat: 20th - 22nd Oct
Sun: 23rd Oct, Mon: 24th Oct, Tues: 25th Oct, Wed: 26th Oct
Kaplar Insight Meditation Group
9:30 am - 11:30 am on Sat/Sun

White Tara Meditation Retreat
For Long Life And Healing
With Phuntsok Choeling Spiritual Director Lama Chodak Rinpoche

By taking refuge in Tara, practicing meditation and visualization, reciting mantras and having faith, you have the power to remove obstacles and prolong life.

Friday September 25th - Monday 28th 8:30 - 10pm
Breakfast essential
Registration & Fields includes catering & course material \$320 (includes \$200)
Course Day Rate: \$90
Special Rates: email for information
SEE WEBSITE SECTION SPECIAL EVENT FOR DETAILS



MEDITATION COURSE

8 week Green Tara's Meditation course (Monday 7:30pm - 9:30pm - December 3rd) led by the teacher, Lama Rinpoche. \$100 (incl. 100% of course material and to last year's class. Suitable for students beginners as well as those wanting to enhance their meditative practice. Don't \$80 or \$100 weekly include course material.

Teachings and Public talk

Also with Lama Chodak Rinpoche
PUBLIC TALK - OPEN TO ALL
Friday 25th September 7pm
'The Wisdom of Forgiveness'
Taradale Town Hall, corner Lee and Meekanee Roads, Taradale
\$10 or Kofa



Bodhisattva's Way of Life
Discussion group with screening of Lama Chodak Rinpoche's teachings on the subject with questions, discussion and meditation - Tuesday nights 7.8-9:00pm starts October 6th. All welcome to come and study how to be a Bodhisattva-in-training. Cost: \$10 weekly

MERCHANDISE SHOP
The merchandise shop is open on the public forum and after each session. Contact us via email to request anything else to visit.

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PHUNTSOK CHOELING

Hawke's Bay Buddhist Centre
Phone: 022 310 110
Email: phuntsok.choeling@gmail.com
10 Marshall Street, Napier
www.phuntsokchoeling.co.nz

PHUNTSOK CHOELING Charitable Trust

PO Box 671, Napier, Hawke's Bay 4140

www.phuntsokchoeling.co.nz

