



Events 2020

15th March	Monthly Meditation Retreat Day	10.00 - 14.00
21st March	Monthly Volunteer Gardening Day	
25th-29th March	Yorkshire Compassion Retreat with Alistair Appleton	SOLD OUT
12th April	Refuge Ceremony with Choje Lama Yeshe Losal Rinpoche @ Samye Ling	09.30 - 12.30
19th April	Monthly Meditation Retreat Day	10.00 - 14.00
25th April	Tara Ropka Therapy Day	09.00 - 18.00
25th April	Monthly Volunteer Gardening Day	
8th May	Choje Lama Yeshe Losal Rinpoche	19.30 - 20.30
16th May	Monthly Volunteer Gardening Day	
16th & 17th May	Mindfulness Level One - Being Present. Weekend 1	
17th May	A Monk's Guide to Happiness Live! with Gelong Thubten @ The Stephen Joseph Theatre, Scarborough	18.00
30th May - 5th June	The 3rd Kagyu Monlam @ Samye Ling	
13th June	Monthly Volunteer Gardening Day	
14th June	Monthly Meditation Retreat Day	10.00 - 14.00
26th June - 1st July	Oh I Do Like To Be Beside The Seaside' - Compassion In Action Retreat with Heather Regan-Addis	
19th July	Monthly Meditation Retreat Day	10.00 - 14.00
13th September	Monthly Meditation Retreat Day	10.00 - 14.00
3rd October	Freedom from the Sixteen Fears with Lama Zangmo	10.00 -16.00
4th October	The Five Strengths of Meditation with Lama Zangmo	10.00 - 16.00
18th October	Monthly Meditation Retreat Day	10.00 - 14.00
24th & 25th October	Compassion Level Two - Weekend One	

For further information, please click on the event title.