MEDITATE IN TORONTO

Mar 2020 - Aug 2020

Kadampa Meditation Centre Canada
This year marks an important milestone as we celebrate 25 years of Kadam Dharma being taught here in Toronto. It all began with classes being taught out of a small apartment and at the University of Toronto in 1994. Over the years, the Centre moved locations, and has now become the National Temple of the New Kadampa Tradition, Kadampa Meditation Centre Canada (KMCC). It is located downtown in Toronto’s Little Italy, a peaceful oasis in the heart of the busy city.

A non-profit organization, KMC Canada was established by Venerable Geshe Kelsang Gyatso Rinpoche to provide people in Toronto and the surrounding areas with the opportunity to learn how to meditate and practise Buddha’s teachings. Through applying the methods taught, everyone can discover lasting happiness from within.

In this booklet you will find details of the March–August 2020 program including information about our weekly classes, weekend courses, retreats, study programs and more. From classes for beginners to in-depth study for advanced practitioners, there is something here for everyone. You do not have to be a Buddhist to attend our classes or to benefit from them. Everyone is welcome!
A fully accomplished and world-renowned meditation master, Geshe Kelsang has pioneered the introduction of modern Buddhism into contemporary society. Presenting Buddha's teachings in a way that is relevant and suitable for modern people with busy daily lives, he shows how these teachings can be used by anyone, Buddhist or non-Buddhist, to solve daily problems, improve personal relationships, and eventually attain a deep and lasting happiness and inner peace.

Venerable Geshe Kelsang has also created all the necessary conditions to support the study and practice of Buddhism in modern society, writing twenty-three highly acclaimed books that perfectly transmit the ancient wisdom of Buddha and present simple practices that are easy to follow. All of Geshe Kelsang's activities are dedicated to bringing about world peace by helping us to develop its true cause - inner peace - through meditation and other practices. To this end, he has established hundreds of meditation centres and trained modern Buddhist teachers throughout the world.
A Buddhist nun and senior disciple of Venerable Geshe Kelsang Gyatso, Gen-la Dekyong has studied and practised Kadampa Buddhism for over thirty years. She is the General Spiritual Director of the New Kadampa Tradition.

Gen-la Dekyong is a highly experienced Buddhist Teacher who has dedicated her life to helping spread Kadampa Buddhism throughout the world by developing meditation centres and providing constant support to the spiritual community. She teaches regularly at major international events and is well-loved by thousands of students for her pure, sincere example.

A retired General Spiritual Director of the New Kadampa Tradition, Gen-la Khyenrab is the Resident Teacher of Kadampa Meditation Centre Canada and National Spiritual Director for Canada.

Having trained closely with Venerable Geshe Kelsang Gyatso for over thirty-five years, Gen-la Khyenrab is an internationally renowned Teacher and Buddhist monk who is greatly admired for his clear understanding and powerful teachings. He is respected throughout the world for his deep experience, humility and loving-kindness. His pure example reflects his many years of reliance on his Spiritual Guide.
MEDITATIONS

CLASSES, COURSES & RETREATS
General Program Classes

Our General Program classes provide a basic introduction to Buddhist view, meditation and practice that is suitable for beginners. They also include advanced teachings and practices from both Sutra and Tantra.

Classes are arranged as a short series of specific topics based on a monthly theme. Each class consists of two guided meditations and a practical talk based on Buddha’s teachings and advice for solving our problems and finding lasting happiness. Seating is on chairs or meditation cushions, and no special clothing is required.

CLASSES AT KMC CANADA
631 Crawford Street

TUES, WED, THURS
11:00am - 12:30pm
7:00pm - 8:30pm

SUNDAYS
11:00am - 12:15pm
(separate kids class at the same time)

CLASSES IN PORT CREDIT
West Edge Community Church, 157 Lakeshore Road West, Port Credit

WEDNESDAYS
7:15pm - 8:30pm
IN-DEPTH STUDY PROGRAMS

These programs consist of the systematic study & practice of New Kadampa Buddhism and are especially suited to people of this modern world.

Venerable Geshe Kelsang Gyatso Rinpoche, founder of the New Kadampa Tradition, has designed two in-depth Study Programs:

**Foundation Program**

The Foundation Program is designed for those who wish to deepen their understanding and experience of Kadampa Buddhism through a systematic study of six texts by Venerable Geshe Kelsang Gyatso Rinpoche.

- This is not a walk-in program & enrollment is required.
- meditateintoronto.com/in-depth-study

**Teacher Training Program**

The Teacher Training Program is designed for people who wish to train as authentic Dharma Teachers in the New Kadampa Tradition.

- This is not a walk-in program & enrollment is required.
- meditateintoronto.com/in-depth-study
Suitable for everyone, these half-day courses cover a wide range of practical, profound and inspiring topics. Derived from the teachings of Buddha, they offer real solutions to the everyday problems of modern living and are an ideal way to gain deeper experience of meditation and inner peace. Please visit the website for more information and registration.

**SATURDAYS**

10:00am - 1:00pm

**SUNDAYS**

2:00pm - 5:00pm

Fee $24 | Members Free

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**Saturdays**

- March 14
- March 14
- March 28
- April 25
- April 26
- May 2
- May 3
- May 30

**Sundays**

- June 13
- June 14
- June 20
- June 27
- July 11
- July 18
- August 22
- August 29

- Awaken to a Life of Real Meaning
- Emptiness, the True Nature of Reality
- Happy Intelligence
- Transference of Consciousness after Death
- How Awareness of Death Enriches Our Life
- Tantra for Beginners
- The Power of Imagination
- How to Identify with Our Pure Potential
- Maintaining a Regular Meditation Practice
- The Deep Power of Meditation
- Create a Pure World: Mandala Offerings *
- How to Handle Anything
- Developing a Beautiful Mind
- Learn to Meditate
- Learn to Meditate
- Finding Peace in Our Busy Lives

* A description of Mandala Offerings is given on page 38, where there is also an opportunity to register for a workshop on how to construct a Mandala.
April 25 • King Bimbisara’s Gift: The Wheel of Life
The Wheel of Life in the story is the name that best describes the precious drawing given to King Prasenajit by Buddha Shakyamuni. The Wheel of Life is a depiction of the sufferings of cyclic existence or samsara. By meditating on the profound meaning of the twelve dependent related links in the drawings of the Wheel of Life, we can attain permanent liberation from these sufferings.

May 23 • Happiness, Confidence & the Power of the Mind
In this day course, we will be given tools that show us how to lead a happy, confident life through harnessing the power of our mind. Learning to turn inwards for solutions to our problems instead of looking outwards to transient things is the key to a pure, happy life. Through regular meditation practice, we will gain the confidence to solve our own problems and find true happiness.

July 4 • What to Do When Things Go Wrong
When things don't work out the way we want them to, our usual reaction is to become upset or disappointed. But this just makes us feel bad and less able to deal with the situation. Through meditation we can learn to accept whatever happens with a calm, peaceful mind that will help us stay positive and turn any situation, however difficult, to our advantage.
Kadampa Meditation Centre Canada offers a variety of different retreats throughout the year giving you the opportunity to gain deeper meditation experience by contemplating the teachings. Derived from the teachings of Buddha, these retreats offer real solutions to the everyday problems of modern living and are an ideal way to gain deeper experience of meditation and inner peace. These retreats are open to everyone and cover a wide range of practical, profound, inspiring topics. Each session includes guided meditations and a teaching.

**TWO & A HALF-DAY URBAN RETREATS**

**THURSDAY AND FRIDAY • $5 per session | Members Free**

Enjoy a mini-retreat in the heart of the city. Attend the whole two and a half days or less. Thursday and Friday are more meditative with a short talk and guided meditation in each session. On Saturday, there are three sessions which offer more explanation on how to maintain this newly found peace of mind in your daily life.

**Thursday and Friday**
- Session one  9:30 – 10:30am
- Session two  11:00am – 12:15pm
- Session three  4:00 – 5:15pm
- Session four  7:00 – 8:15pm

**Saturday**
- Session one  10:00-10:45am
- Session two  11:15am -12:00pm
- Session three  12:15-1:00pm

**HALF-DAY URBAN RETREATS**

**SATURDAY 10:00am-1:00pm • $24 | Members Free**

March  26-28  • Follow Your Wisdom
Apr/May  30-02  • Clarity of Mind
May  28-30  • Healing the Mind
June  25-27  • A Mind Like a Cloudless Sky
August  13-15  • Love Without Discrimination

**SUNDAY 2:00pm-5:00pm • $24 | Members Free**

March  15  • Calming the Mind with Meditation
Embracing Impermanence • April 10-12
$65 | Full weekend
During this weekend course, we will explore profound topics such as impermanence, the nature of the mind, the source of suffering and the truth of ultimate reality, emptiness. Through teachings, discussion and guided meditations, we will start to experience the peace and freedom that comes from Buddha’s liberating wisdom.

Life Beyond the Ordinary • May 8-10
$65 | Full weekend
In his Sutra teachings, Buddha gives us great encouragement to accomplish the ultimate goal of human life which we can attain quickly through the practice of Tantra. The teachings of Tantra are the most rare and precious within Buddhism. With the practice of Tantra we open our minds and overcome our limited views of ourselves, others and the world around us - these ordinary views that lead to fear, anxiety, and other painful thoughts. Tantric meditations use correct imagination to actualize the Buddha potential that we all possess - thereby fulfilling the deepest wishes of both ourselves and others.

The Magical Play of the Mind • May 15-17
$57 | Full weekend
In his Sutra teachings, Buddha gives us great encouragement to accomplish the ultimate goal of human life which we can attain quickly through the practice of Tantra. The teachings of Tantra are the most rare and precious within Buddhism. With the practice of Tantra we open our minds and overcome our limited views of ourselves, others and the world around us - these ordinary views that lead to fear, anxiety, and other painful thoughts. Tantric meditations use correct imagination to actualize the Buddha potential that we all possess - thereby fulfilling the deepest wishes of both ourselves and others.
March 6 - 8
Wisdom in this context refers to the ultimate truth concerning the nature of reality. If we do not understand the actual nature of our reality, then there is no way that we can permanently free ourselves from all suffering. Therefore, we should strive to understand that all phenomena without exception lack or are empty of inherent existence. This emptiness is the way things really are. The great Buddhist meditation master, Je Tsongkhapa said, “The knowledge of emptiness is superior to any other knowledge… and the realization of emptiness is the very essence of Buddhadharma.” This special weekend retreat will afford the opportunity to deepen our understanding and experience of this superior knowledge. Knowledge that will ultimately, help us be victorious over all suffering and pain.

About the Teachers
Gen Kelsang Rabgye is the Resident Teacher at Samudra Buddhist Centre in Hamilton. He has studied under Venerable Geshe Kelsang Gyatso Rinpoche for over twenty years. He is known for his calm, sincere presentation of Dharma.

Tom Sepp has been studying Buddhism and practising meditation for 24 years. Inspired by the wisdom and clarity of Buddha’s teachings, he integrates the teachings and meditations with daily life.

VISITING CENTRE WEEKEND RETREATS
Kadampa Meditation Centre, the National Temple of Canada, is everyone’s Temple. The purpose for inviting local Kadampa Buddhist Centres to offer a weekend retreat at KMCC is to strengthen the spiritual connection between KMCC and local Centres, and to give other Centres the opportunity to enjoy the beautiful, peaceful meditation room and surroundings.

Fees
$57 | Full weekend
For more information please visit meditateintoronto.com.
Many people are afraid to talk about death because they feel that it might make them sad or even depressed. Actually, when we develop the wisdom of thinking about death and impermanence, we experience a beautiful sense of relief and confidence that removes our fear.

Fear usually comes from “unknowing”. In this meditation retreat, we will learn exactly what happens when we die and how to prepare for our death. By doing this, we can make our life deeply meaningful, so that when it actually comes to a close, we will feel, quite simply, that we are “returning home”.

Spiritual practice is what gives meaning to our lives, and by applying our practice at the time of death we can die joyfully and experience pure, lasting happiness in all our future lives.

Venerable Geshe Kelsang Gyatso Rinpoche

April 17 - 19

Gen Kelsang Suma is the Resident Teacher of Jampa Ling Kadampa Buddhist Centre in Barrie, Ontario. She has studied under Venerable Geshe Kelsang Gyatso Rinpoche for over twenty years. Gen Suma is known for the warmth and clarity of her teachings.
During this special weekend event, Gen Sanden will grant the blessing empowerment of the female enlightened being, the Great Mother Prajnaparamita, who is the manifestation of Buddha’s perfection of wisdom. Gen Sanden will also offer practical advice on how to integrate Buddha’s wisdom teachings into our modern, busy lives in order to overcome obstacles to our spiritual development and fulfil our wish for a happy, meaningful life.

Empowerment of Prajnaparamita

During this special weekend event, Gen Sanden will grant the blessing empowerment of the female enlightened being, the Great Mother Prajnaparamita, who is the manifestation of Buddha’s perfection of wisdom. Gen Sanden will also offer practical advice on how to integrate Buddha’s wisdom teachings into our modern, busy lives in order to overcome obstacles to our spiritual development and fulfil our wish for a happy, meaningful life.

About the Teacher

Gen Kelsang Sanden is a Buddhist monk and the Resident Teacher of Kadampa Meditation Centre Vancouver. He has been a long time student of Geshe Kelsang Gyatso, the founder of the New Kadampa Tradition. He is well loved for his compassion, sense of humour and the clarity of his teachings.

Fees

$110 | Full Weekend
For more information please visit meditateintoronto.com.
Manjushri Empowerment
Gen-la Kelsang Dekyong

Open to everyone, the Canadian National Festival is a wonderful opportunity to enjoy a spiritual break with like-minded people. During this special weekend Festival, Gen-la Dekyong will grant the blessing empowerment of Buddha Manjushri and give commentary to this wisdom advice from Venerable Geshe-la’s heart:

The things that I normally see in dreams do not exist.
This proves that the things that I normally see while awake do not exist,
Since both of these things are equally mistaken appearance.
I will never grasp at the things that I normally see,
But just be satisfied with their mere name.
By doing this I will liberate myself permanently
From the sufferings of this life and countless future lives.
In this way I will be able
To benefit each and every living being every day.
The Buddhist Way of Loving Kindness

Buddha Amitayus Empowerment and teachings on *The New Eight Steps to Happiness* with Gen-la Kelsang Dekyong
Ulverston, UK

*The New Eight Steps to Happiness* by Venerable Geshe Kelsang Gyatso Rinpoche reveals essential methods for transforming all life’s difficulties into valuable spiritual insights and for developing universal love and compassion, the source of true happiness for both ourself and others.

Gen-la Dekyong's teachings will help us take the meaning of this precious book to heart and apply it in our daily life. To receive this profound, practical advice from such an accomplished and experienced Teacher is an opportunity not to be missed. Ideal for both experienced practitioners and those new to Buddhism.

Essential Advice from the Heart

Buddha Green Tara Empowerment and teachings on “Advice from Atisha’s Heart” with Gen-la Kelsang Jampa

“Advice from Atisha’s Heart” is sublime, heartfelt advice to live by. Eternally modern and relevant, it is packed with practical guidance that helps us transform our ordinary daily life into a joyful path to deep inner peace for our own and others’ benefit. It is the very heart of Kadampa Buddhism.

Whatever your level, you will find Gen-la Jampa’s commentary to this unique and powerful text both illuminating and inspiring. Intended by Atisha as personal advice, these precious words will touch your heart in a very deep way and you will treasure them forever.

KADAMPAFESTIVALS.ORG
The Gateway to Highest Yoga Tantra
October 2-8, 2020
Highest Yoga Tantra Empowerments of Heruka and Vajrayogini with Gen-la Kelsang Dekyong
Brisbane, Australia

As Venerable Geshe Kelsang Gyatso Rinpoche explains in Modern Buddhism, the gateway through which we enter Tantra is our receiving a Tantric empowerment. This bestows upon us special blessings that heal our mental continuum and awaken our Buddha nature.

In this Festival, Gen-la Dekyong will grant the empowerments of the principal Deities of Highest Yoga Tantra – Heruka and Vajrayogini – and introduce their essential practices.

Gen-la Kelsang Dekyong is the General Spiritual Director of NKT-IKBU. This is a unique and precious opportunity to learn from a qualified contemporary Teacher how to practice Buddha’s Tantric teachings according to the lineage of modern Kadampa Buddhism.

The Power of Compassion
May 22–27, 2020
Buddha Vajrapani Empowerment and teachings on Compassion with Gen-la Kelsang Khyenrab
Ulverston, UK

Our compassion is our Buddha seed or Buddha nature, our potential to become a Buddha. Through meditation, we can expand and deepen our compassion until it transforms into the mind of universal compassion – the sincere wish to liberate all living beings from suffering permanently.

Through improving this mind of universal compassion, it will eventually transform into the compassion of a Buddha, which has the power to liberate all living beings.

Gen-la Kelsang Khyenrab is the Resident Teacher of Kadampa Meditation Centre Canada and the National Spiritual Director. Training with Venerable Geshe Kelsang Gyatso for over 35 years, Gen-la Khyenrab is well loved for his experience, powerful teachings and pure example.
EXPERIENCE

SPECIAL NKT DAYS, WORKSHOPS, VOLUNTEERING & SCHOOL VISITS
NKT Day is marked by special events, pujas and dedications at Kadampa Centres worldwide. Prayers are made for the flourishing of Kadam Dharma throughout the world so that all living beings might quickly find permanent inner peace.

Above all, we remember the extraordinary kindness of Venerable Geshe Kelsang in founding the NKT-IKBU and pray for him to remain with us for a very long time.

April 15th - Buddha’s Enlightenment Day

April 15th marks the anniversary of Buddha Shakyamuni demonstrating the attainment of enlightenment in 589 BCE. This is an extremely important day in the Buddhist calendar because our actions are 100,000 times more powerful than on other days.

This event is marked by special purification and fasting retreats in Kadampa Buddhist Centres worldwide based on the practice, Drop of Essential Nectar. This practice, done in conjunction with Eleven-faced Avalokiteshvara, is very powerful for purifying negative karma of body, speech, and mind, and for pacifying strong delusions such as desirous attachment and hatred. It is also a special method for receiving blessings and improving our experience of love, compassion and bodhichitta.

June 4th - Turning the Wheel of Dharma

This day marks the anniversary of Buddha’s first teaching in this world and also the birthday of Venerable Geshe Kelsang Gyatso, the Founder of the New Kadampa Tradition. Forty-nine days after Buddha attained enlightenment, as a result of requests, he rose from meditation and taught the first Wheel of Dharma. These teachings, which include the Sutra of the Four Noble Truths and other discourses, are the principal source of the Hinayana, or Lesser Vehicle, of Buddhism. Later, Buddha taught the second and third Wheels of Dharma, which include the Perfection of Wisdom Sutras and the Sutra Discriminating the Intention, respectively. These teachings are the source of the Mahayana, or Great Vehicle, of Buddhism.

It is because of the great kindness of Buddha in turning the Wheel of Dharma that the people of this world have the opportunity to follow a spiritual path to the permanent inner peace of enlightenment. Without these teachings there would be no path for us to follow and no possibility of bringing our suffering to an end.
**Creating a Sacred Space In Your Life**
**Saturday 4 April • 10:00am - 1:00pm**

This class is an opportunity to understand the beauty and power of setting up a shrine in your home which will help you to focus your energy for spiritual practice. We will explore the meaning behind the symbols and sacred objects, as well as the practices of water offerings, prayers and prostrations. These crucial elements of regular practice help us to experience the joy and purpose of meditation.

**How to Make Traditional Offering Cakes**
**Sunday 19 April • 2:30pm - 5:30pm**

A torma offering is a special offering of food made in order to gain spiritual attainments. The Vinaya Sutras teach that Dharma practitioners should offer tormas to the Three Jewels and to the Dharma Protectors to avert obstacles. Tormas are made from marzipan.

**Constructing Mandalas**
**Saturday 20 June • 3:30pm - 4:30pm**

The word ‘mandala’ means ‘universe’. When we offer a mandala to the holy beings, we are offering everything - the universe and everyone in it. We mentally transform the universe into a Pure Land filled with precious objects and inhabited by pure beings. Imagining that we are holding this pure universe in our hands, we offer it to all the enlightened beings. Making mandala offerings is very powerful practice. If we wish for good fortune & spiritual attainments, we should offer a mandala every day.

**Robe Making Course**
**June 10 - 13 • 9:00am - 5:00pm**

This robe-making course is a special opportunity to learn the beautiful art of making Kadampa Buddhist robes at the National Kadampa Temple for Canada in Toronto. Robe-making is a much-needed skill in order to continue the lineage of providing qualified robes for ordained monks and nuns and Buddha statues within Kadampa Buddhism. It is also a wonderful way to accumulate merit.

The course will run immediately after the Canadian National Festival 2020. Places are limited so early booking with deposit is essential in order to secure your place. Please contact admin@meditateintoronto.com.

For information about workshop fees please visit meditateintoronto.com/workshops.
KMC Canada is a not-for-profit charity that runs through the kindness of volunteers. There are many ways you can support the development of this precious resource in Toronto. Volunteering can be undertaken by anyone with minimal or no training and every bit of help is greatly appreciated. Please visit our website for further details at: meditateintoronto.com/volunteering.

VOLUNTEERING

A perfect introduction to experiencing life in a modern Buddhist community, using your time to make a real contribution to peace in the world. In exchange for five days work, the centre offers seven nights dormitory accommodation, all meals, and free attendance at daily meditations and weekly classes during your stay. For more information, please visit meditateintoronto.com/volunteering.

COME AND LIVE

KMC Canada is a modern Kadampa Buddhist Centre set in the heart of downtown Toronto. ‘Modern’ means that life at KMC Canada fits well with the busy, fast paced, professional working life of individuals.

Residents contribute to the life of the community through their voluntary work. This includes cooking, cleaning, gardening, organizing meditation courses, and running the shop, reception and so much more.

All three study programmes are available, including the Teacher Training Program, Foundation Program and General Program. Becoming a resident at Kadampa Meditation Centre Canada is a special way to contribute to the flourishing of Kadampa Dharma and an opportunity to begin or deepen your experience of a spiritual life.

For more information on becoming a resident, please contact the Administrative Director by email at admin@meditateintoronto.com
Tharpa Publications is the publishing company of the New Kadampa Tradition and the exclusive publisher of books by Venerable Geshe Kelsang Gyatso. Tharpa is a global organization with a growing number of offices around the world. As well as books by Geshe Kelsang Gyatso, Tharpa also produces a wide range of audio books, meditation CDs, prayer booklets and Buddhist artwork.

All profits received by Tharpa are donated to the International Temples Project Fund. Every time you make a purchase from the bookshop or Tharpa website, you are contributing to the development of Kadampa Temples worldwide.

Tharpa Canada, located at KMC Canada, distributes the full selection of Tharpa products, including books in other languages. Visit us online today to find out more: tharpa.com/ca.

ACCOMMODATION

Come and stay for weekend events, special courses, retreats and empowerments. We offer many retreats in the company of experienced meditators.

We welcome guests who are attending our weekend events, week-long retreats or longer January Retreats. Located in Little Italy, our newly renovated seven bedroom, four bathroom house is close to transit, restaurants and shops and a short walk from the Temple. Accommodations options are dormitory beds and single rooms. There is a large kitchen and eating area where you can enjoy a light vegetarian breakfast.

For more information, please visit meditateintoronto.com/accommodation

SCHOOL VISITS

We welcome group and school visits to the peaceful setting of KMC Canada for tours, guided meditations and talks on the Buddhist way of life. We also offer a ‘Clear Mind at Work Program’, led by experienced teachers. This program is designed to bring the benefits of meditation and mindfulness to the workplace.

Please contact our Education Program Coordinator for more information: epc@meditateintoronto.com.
CONTACT INFORMATION
Kadampa Meditation Centre Canada, 631 Crawford Street,
Toronto, Ontario, M6G 3K1
web: www.meditateintoronto.com
e-mail: info@meditateintoronto.com
tel: 416-762-8033

BOOKING
You can book to attend any of our courses in two ways:
• Online at meditateintoronto.com (except General Program classes)
• Drop-in (however we do recommend booking all courses on-line, especially if
you would like to book lunch)

Please contact us if you have any questions. For course prices and
accommodation, please visit our website: meditateintoronto.com.

KMCC is part of the New Kadampa Tradition – International Kadampa Buddhist
Union. Registered Charity Number: Charity # 86135 6970

Directions:
By Public Transport (TTC)
To get to Kadampa Meditation Centre by subway, take the Yonge/Bloor line
and get off at Christie Station. A short walk west on Bloor Street will lead you
to Crawford Street where the temple is located (walk South). The subway fare is
$3.25 one way.

Parking
There is no on-site parking available at Kadampa Meditation Centre Canada.
There is street parking available on adjacent streets.

MEMBERSHIP & COSTS

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<tr>
<th></th>
<th>LEVEL 1 Membership $50/month</th>
<th>LEVEL 2 Membership $85/month</th>
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<tr>
<td>General Program Class</td>
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<td>Half-Day/ Day Course</td>
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<td>Urban Retreats</td>
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<td>Recordings*</td>
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* Excludes Canadian National Festival and Ontario Dharma Celebration.
** Full fees

For details about costs, booking and signing up for membership, please visit our
website or contact us: info@meditateintoronto.com, 416-762-8033.

KMC Canada is a registered charity and non-profit organization. Our Centre is
run completely by volunteers. All activities are dedicated to the development of
world peace. All funds raised through our events go into The International Temples
Project Fund (ITP), an international charity which supports the development of
Temples and Centres around the world.
### 6 MONTHS AT A GLANCE

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<td>Wisdom &amp; The Path to Liberation (Retreat, 8 meditations)</td>
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<td>Awaken to a Life of Real Meaning 10am-1pm (2 teachings)</td>
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<td>Emptiness, the True Nature of Reality 10am-1pm (2 teachings)</td>
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<td>Calming the Mind with Meditation 2pm-5pm (3 meditations)</td>
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<td>Empowerment of Prajnaparamita &amp; The Heart Sutra</td>
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<td>Follow Your Wisdom retreat (4 meditations/day)</td>
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<td>Follow Your Wisdom 10am-1pm (3 meditations)</td>
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<td>Happy Intelligence 10am-1pm (2 teachings)</td>
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<td>Apr</td>
<td>Creating a Sacred Space in Your Life 10am-1pm (1 workshop)</td>
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<td>NKT day: Offering to the Spiritual Guide prayers, Meal &amp; Movie</td>
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<td>Living Meaningfully, Dying Joyfully (Retreat, 8 meditations)</td>
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<td>How to Make Traditional Offering Cakes 2:30pm-5:30pm (1 workshop)</td>
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<td>King Bimbisara's Gift: The Wheel of Life 10am-4pm (3 teachings)</td>
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<td>Transference of Consciousness after Death 10am-1pm (2 teachings)</td>
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<td>How Awareness of Death Enriches Our Life 2pm-5pm (2 teachings)</td>
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<td>Clarity of Mind (4 meditations/day)</td>
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<td>May</td>
<td>Clarity of Mind 10am-1pm (3 meditations)</td>
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<td>Tantra for Beginners 10am-1pm (2 teachings)</td>
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<td>The Power of Imagination 2pm-5pm (2 teachings)</td>
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<td>Life Beyond the Ordinary (4 teachings, 3 meditations)</td>
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<td>The Magical Play of the Mind Retreat (1 teaching &amp; 8 meditations)</td>
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<td>Happiness, Confidence &amp; Power of the Mind 10am-4pm (3 teachings)</td>
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<td>Healing the Mind Retreat (4 meditations/day)</td>
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<td>Healing the Mind 10am-1pm (3 meditations)</td>
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<td>How to Identify with Our Pure Potential 10am-1pm (2 teachings)</td>
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<td>Jun</td>
<td>Auspicious Day: Turning the Wheel of Dharma</td>
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<td>Canadian National Festival: Manjushri Empowerment</td>
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<td>Robe Making Course</td>
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<td>Maintaining a Regular Meditation Practice 10am-1pm (2 teachings)</td>
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<td>A Deep Power of Meditation 2pm-5pm (2 teachings)</td>
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<td>Create a Pure World: About Mandala Offerings (2 teachings)</td>
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<td>Constructing Mandalas 3:30-4:30 (1 workshop)</td>
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<td>How to Handle Anything 10am-1pm (2 teachings)</td>
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<td>A Mind Like a Cloudless Sky (4 meditations/day)</td>
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<td>A Mind Like a Cloudless Sky 10am-1pm (3 meditations)</td>
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<td>July</td>
<td>What to Do When Things Go Wrong 10am-4pm (3 teachings)</td>
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<td>Developing a Beautiful Mind 10am-1pm (2 teachings)</td>
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<td>Learn to Meditate 10am-1pm (2 teachings)</td>
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<td>Aug</td>
<td>Love Without Discrimination Retreat (4 meditations/day)</td>
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<td>Love Without Discrimination Retreat (3 meditations)</td>
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<td>Learn to Meditate 10-1pm (2 teachings)</td>
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<td>Finding Peace in Our Busy Life 10am-1pm (2 teachings)</td>
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</tbody>
</table>
Open hours: 10am – 4pm Mon to Fri (1 – 3pm Sat) & when public classes are being held.

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