

Without inner peace, outer peace is impossible.

Geshe Kelsang Gyatso



About Us



We offer many drop in meditation classes, courses & retreats each week at our newly opened centre in Dumfries. We also offer courses for groups, schools and businesses on request and classes in Castle Douglas..

The classes are suitable for everyone and perfect for looking after your mental health and wellbeing. We have a volunteer run cafe & shop. Opening times vary - if the door is open please come in or ring the bell!

Membership

If you live in the Dumfries & Galloway or South Ayrshire you can become a supporting member of Vajrasattva Kadampa Meditation Centre. Membership includes all of our classes & courses in person and online, with discounts for special events. Away retreats are not included. Memberships are £30 per month, concessions available for students & those on low incomes.



07352 066967



www.meditateindumfries.org



24 Castle St. Dumfries DG1 1DR



Free Parking nearby



/vajrasattvaKMC



/vajrasattva_kmc



Registered Charity SC021647



Vajrasattva

Kadampa Meditation Centre

24 Castle St. **Dumfries**

meditation classes

courses & retreats

cafe & shop

*Now
Open!*



Our Teacher



Gen Kelsang Tubchen ordained as a Buddhist nun with Geshe Kelsang Gyatso Rinpoche in 2003. She has taught throughout the Nordic region, Scotland and the UK and lived for many years at Tharpaland Retreat Centre near Dumfries. Gen Tubchen is the Resident Teacher for Dumfries & Edinburgh. Her main drop in class each week in Dumfries is on Wednesday evening.

A warm, inspiring and gifted teacher; she gives clear, practical teachings, and guides people to engage in effective personal meditation practice & retreat.

Weekly Programme *in person in Dumfries*

MON 7 - 8:15PM £8	MODERN BUDDHISM How to find and follow a spiritual path. A slightly deeper meditation class but still suitable for beginners.
TUES & THUR 12:30 - 1PM £4	SIMPLY MEDITATE Lunchtime guided meditations to uplift the mind and restore balance.
WED 7 - 8:15PM £8	LIVE LAUGH LOVE with Gen Tubchen Peaceful guided meditations and a practical teaching with optional discussion in the cafe afterwards.
THURS 7 - 9PM	FOUNDATION PROGRAMME with Gen Tubchen A weekly study program on the book Meaningful to Behold. By enrolment. Possible to attend a trial class.
SATURDAYS	DAY COURSES & RETREATS Most weekends we offer short courses on a variety of topics - see opposite page for dates.
SUN 11AM - 12 FREE	PRAYERS FOR WORLD PEACE Join us for an hour dedicated to finding and creating happiness. Cafe open before and after class.

Classes in Other Areas

We have weekly classes in **Castle Douglas on Monday evenings at 7:30pm at the Town Hall** and hope to offer classes & retreats elsewhere in Dumfries & Galloway and South Ayrshire soon.

Weekend Courses & Retreats

In person at Vajrasattva KMC in Dumfries & live online for members



Open Doors!

Come and see our beautiful new meditation centre. Taster meditations, cafe & kids activities.

Sunday Aug 17 11am - 3pm - free



Mantra Meditation

Sat 7 June | 10.30am - 1:30pm | £15 (free for members)

Learn how to protect your mind with mantra meditation.



Be Kind to Your Mind with Gen Tubchen

Sat 14 June | 10.30am - 1:30pm | £15 (free for members)

Prioritise taking care of your inner world.



Compassion in Action - Teaching Skills with Gen Tubchen

Sat 14 June | 2.30pm - 4:30pm | £15 (free for members)

Learn how to teach and guide a kadampa meditation class.



Learn to Meditate in Half a Day

Sat 28 June | 10.30am - 1:30pm | £15 (free for members)

A beginner friendly workshop to effective meditation practice.



Stress-free living

Sat 5 July | 10.30am - 1:30pm | £15 (free for members)

De-stress & unwind with meditations for mental peace.



Inner Stillness retreat morning

Sat 12 July | 10.30am - 1:30pm | £15 (free for members)

Learn to let go of the clouds and enjoy a sky-like mind.



A heart full of happiness

Sat 19 July | 10.30am - 1:30pm | £15 (free for members)

Meditations on love that open your heart and bring joy.