

Date 2023	Title
January	
5th - 13 th January	Mahamudra/Nature of Mind with Roy Sutherwood
27th - 29 th January	Transforming Problems in 2023; Alison Murdoch
February	
3rd - 5th February	Joey Weber - Equanimity Based Compassionate Action; website info recd; 5th Nov
21st February	Losar Community Celebration Day
March	
10th - 18th March	Eco Dharma - David Midgley / Andy Wistreich
24th - 26 th March	David Midgley - Unconditional Compassion
April	
31st March - 3rd April	Martin Kerrigan; Being Your Own Therapist- A Practical Exploration to Buddhist Psychology.
7 - 9 th April	Family Retreat - (Anna Calo and Olivia)
14th - 23 rd April	A Practical Guide to True Happiness - exploring the Lam Rim; Ven Mary
May	
3rd - 8th May	White Tara; Paula Chichester
26th - 28th May	FDCW - Building Empathy; Wendy Ridley
June	
2nd - 4th June	Owning your own death and helping others at the time of death - Ven Mary
16th - 18th June	Change Your Mind to Change Your Life - Ondy
23rd-27th. June	Medicine Buddha; Roy Sutherwood
July	
7th - 9th. July	Eco Dharma Workshop - Paul Weilgus

21st - 23rd. July	Introduction to Tantra - Mike Murray
28th & 30th July	Working with Prana/ Chi - Lou
August	
4th - 6th August	Introduction to Kurukulla; Guzin
7th - 20th August	Kurukulla; Nearing Retreat
26th August	Bellingham Fair; Guzin/Ven Mary
September	
1st - 3rd September	Exploring the Buddhist Path - Ven Mary
10th - 13th September	Ven Robina - There's No Karma We Can't Purify
23rd September	Land of Joy Open Day for the Community; Buddhist/interfaith/locals.
October	
29th Sep - 8th Oct	Shamata with Ven Mary. Use info from 2022
27th- 29th October	4 Noble Truths; Ven Mary. Title & info to follow
November	
3rd - 5 th November	Grief & Grace; Margo
16th - 20 th November	6 Session Guru Yoga - Paula Chichester
December	
1st - 8th	Chenrezig with Paula Chichester