

Tibetan Buddhism, Meditation, Mindfulness, Yoga & Tai Chi



**Kagyū Samye Dzong Dundee
&
Kagyū Samye Dzong Aberdeen**

THE PROGRAMME

January - July 2010

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Visit our online shop...
For meditation supplies



www.dundee.samyee.org/shop

KAGYU SAMYE DZONG DUNDEE

Samye Dzong Dundee is a serene space in the centre of Dundee city, incorporating the Dundee Buddhist Centre, Tibetan Tea Room and Gift Shop .

Maintained through your donations, the centre is run by Project Director Gelong Karma Jiga and a team of dedicated volunteers. KSD Dundee is a branch of the Rokpa Trust, a registered charity.

Buddhist practitioners at Samye Dzong Dundee follow the Karma Kagyu tradition of Tibetan Buddhism which is renowned for its emphasis on meditation practice.

Tibetan Origins

The world renowned Samye Ling Tibetan Centre was founded by two Tibetan Buddhist abbot's; Chogyam Trungpa Tulku and Dr. Akong Tulku Rinpoche in 1967. It was the first of its kind in the Western world and nestles in the hills of the Scottish borders.

Over 40 years it has subsequently grown and developed into a monastery and internationally renowned Buddhist centre. It is part of the Rokpa Trust which is a non-political spiritual and humanitarian organisation.

Visit us at...

51 Reform Street, Dundee, DD1 1SL.

call...

01382 872020

or online @...

info@dundee.samye.org

www.dundee.samye.org

WEEKLY PROGRAMME

Monday

Tai Chi	Open to all	6.00 - 7.00 pm
Qi Gong	Beginners	7.15 - 8.15 pm

Tuesday

Lunchtime Guided Meditation	Open to all	12.45 - 1.30 pm
Hatha Yoga	Open to all	5.30 - 6.45 pm
Meditation For All	Open to all	7.15 - 9.00 pm

Wednesday

Hatha Yoga	Beginners	5.30 - 6.45 pm
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Thursday

Ashtanga Yoga	Open to all	5.30 - 6.30 pm
Buddhist Meditation Theory & Practice	Open to all	7.15 - 9.00 pm

Friday

Interfaith Meditation	Open to all	12.30 - 1.30 pm
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Weekends

Courses	Details in programme	From 10.30 am
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Classes from: £4 (drop-in), £15 (4 Week Block)

Course Fees from: £15

Mindfulness Meditation Sessions

Regular meditators have less stress and are able to work more creatively with the challenges that life brings. As these benefits are being more widely recognised the practices have been introduced to hospitals, schools, prisons and businesses throughout the world.

Kagyü Samye Dzong Dundee provides a suitable and supportive environment for anyone wishing to learn about meditation and mindfulness.

The **LUNCH TIME** sessions

Develop mindfulness through walking, sitting, standing and lying, involving, **breathwork to energise, stress removal** and visualisation.

The **TUESDAY** evening sessions

Practical meditation instruction, the **main emphasis is to apply the techniques and experience the results**, learn to use them where ever you are, what ever you doing...

FRIDAY INTERFAITH MEDITATION, **for anyone of any faith or no faith**. A period of silent meditation, prayer, or contemplation dedicated to world peace. We welcome our interfaith brothers and sisters to take part in this session and those who are engaging in secular mindfulness meditation. This session is absolutely **FREE of charge**...

There's a relaxed and friendly feel to the sessions, including the opportunity to get to know everyone over a cup of Yogi tea and one of our scrummy organic biccies!

Mindfulness Training Course Course Fee: £200 (£60 per day)

Term Dates 2010: 20th February, 3rd April, 15th May & 26th June

This study programme consists of in depth training in mindfulness and compassion development for beginners, those with previous meditation experience and advanced Practitioners.

This is the second of two four month study terms costing £200 each. Single days can be attended by those not registered at a cost of £60 per day.

Call 01382 872020 to book your place.

Tibetan Buddhist Meditation

These sessions introduce the Tibetan Buddhist technique of using your imagination to calm your mind and transform your emotions. These are group sessions called 'Puja'. They involve reciting prayer and mantra and involve using your imagination.

These are guided sessions with explanations on how to practice which are suitable for absolute beginners and those with an interest in developing a more formal approach to meditation.

It's common for members of the Buddhist community to request and sponsor prayers, and to dedicate lamps for the health and well-being of loved ones, friends, relatives, acquaintances and those who you care for who are in difficulty, who are ill or dying and for those who have passed away.

You may sponsor by phone, in person or through the online shop.

The power of consciously directing positive thought collectively, to another being has an immeasurable effect both on those reciting the prayers, those requesting, and the recipient.



Chenresig Thangka - The Harmony Hall by Salga (Artist).

Hatha Yoga

The classes focus on correct posture, breathing and meditation techniques to relax the body and calm the mind. Each class concludes with a relaxation session. Students are encouraged to work at their own pace... The Wednesday class is the most suitable for beginners.

Ashtanga Yoga

Ashtanga is a system of yoga that involves synchronising the breath with a progressive series of postures which produces intense internal heat and a purifying sweat that detoxifies muscles and organs, resulting in result is improved circulation a light and strong body and a calm mind.

FOR YOGA SUPPLIES

Visit our shop or buy online @ www.dundee.samyehome.org/shop
Mats, blocks, belts, bags, meditation cushions & Yogi teas

Tai Chi

The class focuses on the Yang style Short 37 posture form, which improves your coordination, balance and fitness, through movement and meditation on the energy in the body's meridians. Suitable for everyone.

Qi Gong

This dedicated Qi Gong class features exercises which focus on the use of accupressure points & meridians of the body, to improve health..., this class is particularly beneficial for health promotion & health maintenance.. It's suitable for beginners those with health problems and experienced Tai Chi practitioners. These classes help you relax, build your fitness, coordination and balance through breath work, visualisation and meditation in movement.

To book your classes & courses

Tel: 01382 872020

Email: info@dundee.samyehome.org

Web: www.dundee.samyehome.org



The Tea Room & Gift Shop

In 'The Tibetan Tearoom' our dedicated team of volunteers provide customers with a treasured refuge from the hustle and bustle of the busy city centre in an elegant and exclusive space ideal for coffee breaks, snacks, business lunches, family gatherings and special events.

We offer freshly prepared vegetarian meals using fair-trade produce and organic wholefoods sourced from local suppliers. We cater for everyone including vegans in a warm, friendly atmosphere.

Visitors are free to choose from our range of superior quality tea's from around the globe and, our organic, fair-trade, Rainforest Alliance coffee roasted and blended in the UK.

The Fairtrade Gift Shop features exclusive hand-crafted goods from Tibet, India, Nepal, Thailand, Vietnam and Sri Lanka as well as a selection of local arts and crafts.

We also offer authentic Buddhist products including art, meditation supports, statues, incense and much more.....

Why not visit us online... www.dundee.samyehome.org/shop

The Tea Room Menu



	Cup	Mug	Pot
Teas	£1.50	£1.75	£2.50

Choose from our our large selection of world teas

Tibetan Herbal Tea £3.00

The house speciality, try one of our delicious range

Sweet Chai Latte £3.00

Our own version of the popular Indian classic

Coffee From £2.00

Tiki is a great tasting blend of beans from Honduras, Ethiopia, Indonesia, Guatemala and Peru.

Soup of the day £3.00
With home-baked bread £3.50

Toast

ade with fresh homebaked bread.

Plain Toast & Butter £1.00

Jam, marmalade, honey or peanut butter £0.50 each

Beans on Toast £3.00

Roasted Cheese £3.00

Cheesy beano! £4.00

Toastie £5.00

Open Sandwich £4.50

Panini, Pitta & Wrap £5.00

Choose any 2 fillings

Fillings £1.00 each

Cheese, tomato, onion, pineapple, peppers, hummus, mushroom or sweetcorn

All the above are served with our fresh yummy salad and creamy coleslaw.

Veggie Club £6.50

Quorn, cheese, lettuce, cucumber, tomato & mayo

Served with a side portion of our freshly made yummy salad!

Ploughmans Platter £5.00

Mature Island Cheddar, apple and pickle

Special Salad Selection £6.00

Greek, Veggie Pate or special vegan.

All served with fresh green salad, fruit & nuts.

Oatcake Platter £5.95

Four home baked oatcakes, tomato, apple, chutney, mature island cheddar

Omelette

Plain £4.00

Fillings £0.50 each

Cheese, tomato, pepper.

Served with a side portion of our freshly made yummy salad!

Pizza

Cheese & Tomato £5.00

Toppings £0.50 each

Choose from cheese, pepper, pineapple, sweetcorn and tomato.

1/2 Pizza and salad (single topped) £4.50

Baked Potato with butter £3.50

Extra Fillings £1.00 each

Cheese, beans, pickle, tomato, onion, pineapple, sweet corn, coleslaw.

Served with a side of yummy salad!

Side Dishes

Salad bowl £3.00

Bread & Butter £1.00

The Cyber Corner

KSD offers a wide range of services at the cyber Corner.

Opening time: 11.00 am - 5.00 pm. No need to book in advance!

Here's what's available:

- Use the computer as if it's your own - £2.50 per hour
- Full versions of Microsoft Office
- Access to floppy, CD, DVD, Media Cards and USB devices
- Skype - all PCs have headsets and webcams, please just ask
- Yahoo and MSN Messenger
- Unrestricted net access, unlimited up and downloads
- Colour and black and white printing at your fingertips!



Other Essential Services - Try these:

- DVD TRANSFERS - From cine, video, audio cassette and obsolete formats. Details in store
- LAMINATING - £2.00 per page A4
- LAPTOP ACCESS - Wired £2.50/hour
- PRINTING, COLOUR - 40p a page for first 10 pages, then 20p a page
- PRINTING, BLACK & WHITE - 20p a page for first 10 pages, then 10p a page
- SCANNING - £1.00 per A4 scan

Discount for frequent users available!!!

NOW AVAILABLE ONLINE.....www.dundee.samyet.org/shop

Tibetan Buddhist Practice Aids

Prayers, rosaries, damaru's, bells & dorje's, meditation cushions, stools, shawls & practice images

Shrine Essentials

Statues, offering bowls, semi-precious stones, conches, tingsha, saffron etc.

Kagy Samye Dzong Dundee Venue Hire

Looking for a tranquil... peaceful... venue to hire?

For small conferences, courses and meetings for the commercial and voluntary sectors. Full support includes dining and technical support, PA system, set up, projection, recording, HD filming, design, cd and dvd production etc.

The Training Space

The Training Space consists of the Harmony Hall and the Tranquility Rooms.

Location

The fully equipped rooms are located at KSD Dundee, 51 Reform Street in the heart of Dundee, close to the city Railway Station and a few minutes from Dundee Bus Station. There's easy access to city centre shopping, restaurants, bars and hotel accommodation within a few minutes walk.

Facilities

The Training Space is located on the 2nd floor of the building and includes a shop and tea-room for refreshments and Buffet lunches.

The Harmony Hall is versatile and can be used as a theatre (up to 50 people) & informally as a large meeting room for seminars, conferences, training courses or team away days (30 persons).

The Tranquility Rooms can be used as breakout rooms (The Yellow Room for up to 8 people, Rose Room for up to 5 people and the Blue Room for 1 to 1).

The Tearoom can also be used as a lecture room or a breakout room for up to 25 people through special arrangement.

Reception Facilities are available during normal working hours (9am – 5pm). The rooms are available outside these times by prior arrangement. Viewing is possible by prior appointment.

For full details please visit our web site or call us now!

Tel: 01382 872020

Email: info@dundee.samyem.org

Web: www.dundee.samyem.org

Venue & Services - Hire Costs

Harmony Hall	Per Day	Per Half Day	Per Hr
Voluntary Sector and Existing Clients	£125	£65	£15
Commercial Sector	£160	£90	£20

The Tranquillity Rooms	Per Hour	4 hrs + (Per Hour)
All rooms	£10	£8 (1 hour free)

Tearoom	Per Day	Per Half Day
Serviced Hire	£200	£110
Serviced Evening Hire (6 – 10 pm)	£150	-
Unserviced Hire	£120	£80
Breakout Sessions (per hour)	£75	£40

Catering	Per Person
Tea, Coffee & Biscuits	£ 2
Buffet Lunch	£10
Evening Meal	£13
Deposit to Secure Booking	£ 2

Equipment Hire & Technical Services	Per day
Audio Visual Technician	£30 for set up
HDTV/Video/DVD	£30
Laptop (Returnable Deposit £50)	£150
Overhead Projector	£ 7
Digital Projector (returnable deposit £50)	£40
3' Projector Screen	(Free with projector hire)
5' Projector Screen	£20
7' Projector Screen	£50

Editing & Post-Production	Per Hour
Video Editing	£35
Production for DVD master	£30
DVD Copies (case, cover & label)	£2 per copy
Sound Editing	£30
Production of CD master	£30
CD Copies (case, cover & label)	£2 per copy
CD of Digital Photographs	£10

Studio Costs	Per day
Film Technician	£100
Video Camera	£50
Photographer	£100
Digital Camera	£40
Lighting	£40
Blackout	£15
Sound Recorder	£100
Sound Technician	£50
Radio Mic & PA	£40

January

Tuesdays

5th January - 26th January (4 wks)

7.15 pm - 9.00 pm

Mindfulness Meditation

(Course Fee: £20)

Letting Go of Self Concern...With Ani Lamdron

Compassion begins at home. We need to discover and understand our own problems before we can develop an understanding of others. This course will look at how to do this.

Thursdays

Tibetan Buddhist Meditation Sessions

Guided sessions with explanations on how to practice led by members of the Buddhist clergy. Suitable for absolute beginners and those with an interest in developing a more formal approach to meditation. Involves using the imagination and reciting prayers and mantra.

Weekends

Saturday 16th January

10.30 am - 1.00 pm

Introduction to Meditation

(Course Fee: £15)

With Ani Lamdron

How, where, when & why!.....The answers to all your questions about meditation. Ideal for beginners and those who want to know more.

Saturday 23rd January

10.30 am - 1.00 pm

Living in Dynamic Balance - Part 1

(Course Fee: £15)

With Ani lamdron

Includes exercises in mindfulness and relaxation to re-energise and inspire. This is the first part of a course in how to inject freshness into your life.

Saturday 30th January

6.00 pm - 9.00 pm

Community Fundraising Movie Night

(£15)

Join us to enjoy the Dundee premier of 'Amongst White Clouds', an intimate view of students and masters living in scattered retreats dotting China's Zhongnan Mountain range. Finger Buffet - 6 pm & Movie - 7 pm.

February

Tuesdays

2nd February - 23rd February (4 wks)

7.15 pm - 9.00 pm

Mindfulness Meditation

(Course fee: £20)

Warming to Kindness, Empathy & Care with Karma Chodrak

This course will help us develop our understanding of the kindness others have shown us, develop gratitude and open us up to caring lovingly for others.

Thursdays

Tibetan Buddhist Meditation Sessions

Guided sessions with explanations on how to practice. Suitable for absolute beginners and those with an interest in developing a more formal approach to meditation. Involves using the imagination and reciting prayers and mantra.

Weekends

Saturday 6th February (Week 5)

10.30 am – 3.00 pm

Mindfulness Training Course - Term 2

(£60 Unregistered)

With Gelong Karma Jiga

Training in mindfulness and compassion development for beginners, those with previous meditation experience and advanced Practitioners.

Saturday 20th February

10.30 am – 4.00 pm

Visiting Teacher

(Course Fee £)

Gelongma Kunzang

We are pleased to welcome Gelongma Kunzang to Dundee this weekend. The programme for her visit will be announced on our website soon.....

Saturday 27th February

10.30 am – 1.00 pm

Introduction to Hatha Yoga

(Course Fee £20)

With Joyce Brown

Detox your body and mind with this relaxed introduction to the basics of this popular system of yoga. Ideal for beginners.

March

Tuesdays

2nd March - 23rd March (4 wks)

7.15 pm - 9.00 pm

Mindfulness Meditation

(Course fee: £24)

Overcoming Attraction, Aversion & Indifference with Gelong Karma Jiga

Maintaining a stable and composed mind is an asset we need to develop to be successful in anything we engage in, especially in difficult and trying circumstances. This course explores how.

Thursdays

Tibetan Buddhist Meditation Sessions

Guided sessions with explanations on how to practice.

Weekends

Saturday 6th March

10.30 am – 1.00 pm

Balancing The Emotions

(Course fee: £15)

With Karma Chodrak

Learn how to use your imagination to balance your emotional states with guided meditations using colour and shape.

Saturday 13th March

10.30 am - 1.00 pm

Mindfulness-Based Stress Reduction

(Course Fee: £20)

With Gelong Karma Jiga

Developing mindfulness can help you to cope with stress, anxiety, pain & illness. Find out how with this special MBSR workshop. Suitable for all.

Saturday 20th March

10.30 am - 1.00 pm

Voice Journeys

(Course Fee: £20)

With Maggie Powell

Discover your natural voice. Relax body & mind through vocalising, harmonising & improvisation. Enjoy the therapeutic effect of singing. Suitable for everyone, regardless of experience.

Saturday 27th March

6.00 pm - 9.00 pm

Community Fundraising Meal

(£15)

Enjoy a delicious Thai meal before a screening of 'Ong Bak'; the tale of a young mans quest to return the head of a Buddha statue to the temple from which it was stolen. A chance to support your centre and meet up with friends & volunteers.

March/April

Tuesdays

30th March - 20th April (4 wks)

7.15 pm - 9.00 pm

Mindfulness Meditation

(Course fee: £20)

Overcoming Competitiveness & Rivalry with Karma Chodrak

Appreciating and rejoicing in the success and qualities of others is a powerful antidote to overcoming jealousy, the source of competitiveness and neurotic rivalry.

This course will help us understand and overcome these shortcomings.

Thursdays

Tibetan Buddhist Meditation Sessions

Guided sessions with explanations on how to practice. Suitable for absolute beginners and those with an interest in developing a more formal approach to meditation. Involves using the imagination and reciting prayers and mantra.

Weekends

Saturday 3rd April

10.30 am - 3.00 pm

Mindfulness Training Course

(Course Fee: £60 unregistered)

With Gelong Karma Jiga

In depth training in mindfulness and compassion development for beginners, those with previous meditation experience and advanced practitioners.

Saturday 17th April

10.30 am - 3.00 pm

Community Open Day

(Free Entry)

Today we extend a warm invitation to all of you and offer an opportunity for you to find out more about who we are and what we do...

Saturday 24th April

10.30 am - 1.00 pm

Introducing Meditation

(Course Fee: £15)

With Ani Lamdron

Begin to meditate today....a morning exploring the basics.

April/May

Tuesdays

27th April - 18th May (4 wks)

7.15 pm - 9.00 pm

Mindfulness Meditation

(Course fee: £20)

Exploring Karma with Ani Lamdron

We are what we've done and will become what we do. A look at the different aspects of karma.

Thursdays

Tibetan Buddhist Meditation Sessions

Guided sessions with explanations on how to practice.

Weekends

Saturday 1st - Sunday 2nd May

10.30 am - 3.00 pm

The Medicine Buddha Practice

(Course Fee: £50)

To meditate on the Medicine Buddha can help decrease illness and suffering. Learn how today. We welcome all those who wish to extend their practice knowledge.

Saturday 8th May

10.30 am - 1.00 pm

Learn To Visualise

(£15)

With Karma Chodrak

Find out just what visualisation means and how to use this skill to the greatest benefit. Ideal for all of those with an interest in meditation.

Saturday 22nd May

10.30 am - 1.00 pm

Beginners Meditation

(£15)

With Ani lamdron

A morning of meditation suitable for everyone. Ideal for beginners, regular practitioners and those undertaking mindfulness training.

Saturday 29th May

10.30 am - 1.00 pm

Relaxation For All

(£15)

With Ani lamdron

Bring some balance into your life with a morning of deep relaxation. Suitable for everyone.

May/June

Tuesdays

25th May - 29th June (6 wks)

7.15 pm - 9.00 pm

Mindfulness Meditation

(Course fee: £36)

Emotional Intelligence with Gelong Karma Jiga

Developing situational awareness; A tool for growth and success.

Thursdays

Tibetan Buddhist Meditation Sessions

Guided sessions with explanations on how to practice. Suitable for absolute beginners and those with an interest in developing a more formal approach to meditation. Involves using the imagination and reciting prayers and mantra.

Weekends

Saturday 5th June

6.00 pm - 9.00 pm

Fundraising Live Sculpture Event

(£20)

With Tony Morrow

This is a rare opportunity to spend some time with one of Scotland's most famous sculptor's. He will demonstrate his outstanding artistic skills right before your eyes. A chance to support your centre and meet up with friends & volunteers.

Saturday 12th June

10.30 am - 1.00 pm

Introduction to Meditation

(Course Fee: £15)

With Ani Lamdron

How, where, when & why!.....The answers to all your questions about meditation. Ideal for beginners and those who want to know more.

Saturday 19th June

10.30 am - 1.00 pm

Introduction to Ashtanga Yoga

(£20)

With Gyl Rae

Find out about the postures of Ashtanga yoga and how to co-ordinate these with your breathing for the maximum health benefits.

Samye Dzong Aberdeen offers weekly meditation and Tai Chi classes in the city centre. We also hold regular courses and workshops focusing on Buddhism, meditation and relaxation.

Mindfulness Meditation For All

We provide a suitable and supportive environment for anyone wishing to learn about meditation and mindfulness. The main emphasis is to apply the techniques and experience the results. The meditation sessions are supported by short teaching sessions which are organised into 4 week courses. There's a relaxed and friendly feel to the sessions.

Gelong Karma Jiga will be available to answer questions and give private interviews for those who would like personal guidance.

Tai Chi & Qi Gong

The classes we offer are run by the Seven Stars School of Taijiquan. These classes are beneficial for people of all ages and physical conditions.

Sessions are introduced with qigong, a holistic system of self healing exercises and meditation including posture, movement, self massage & breathing techniques followed by the practice of tai chi, a sequence of flowing controlled movements put together to improve health and vitality for dealing with the stresses and strains of every day life.

Everyone welcome!

Classes held at...

The Unitarian Church, 43A Skene Terrace, Aberdeen, AB10 1RN.

Call...

07986 956365

Or online @...

info@aberdeen.samyedzong.org

www.aberdeen.samyedzong.org

January

Monday 4th January - 25th January (4 wks)

7.15 pm - 9.00 pm

Introducing Mindfulness

(Course Fee: £25)

With Gelong Karma Jiga

An introduction to everything you need to know to begin practicing mindfulness in the most practical and beneficial way every day!

February

Monday 1st February - 22nd February (4 wks)

7.15 pm - 9.00 pm

Letting Go of Self Concern...

(Course Fee: £25)

With Ani Lamdron

Compassion begins at home. We need to discover and understand our own problems before we can develop an understanding of others. This course will look at how to do this.

March

Monday 1st March - 22nd March (4wks)

7.15 pm - 9.00 pm

Warming to Kindness, Empathy & Care

(Course Fee: £25)

With Karma Chodrak

This course will help us develop our understanding of the kindness others have shown us, develop gratitude and open us up to caring lovingly for others.

April

Monday 29th March - 19th April (4 wks)

7.15 pm - 9.00 pm

Emotional Intelligence

(Course fee: £28)

With Gelong Karma Jiga

Developing situational awareness a tool for growth and success.

May

Monday 26th April - 17th May (4 wks)

7.15 pm - 9.00 pm

Overcoming Competitiveness & Rivalry

(Course fee: £25)

With Karma Chodrak

Appreciating and rejoicing in the success and qualities of others is a powerful antidote to overcoming jealousy, the source of competitiveness and neurotic rivalry. This course will help us understand and overcome these shortcomings.

June

Monday 24th May - 28th June (6 wks)

7.15 pm - 9.00 pm

Overcoming Attraction, Aversion & Indifference

(Course fee: £42)

With Gelong Karma Jiga

Maintaining a stable and composed mind is an asset we need to develop to be successful in anything we engage in, especially in difficult and trying circumstances. This course explores how.

July

12th July - 26th July (3 wks)

7.15 pm - 9.00 pm

Developing Mindfulness

(Course fee: £15)

Exploring Karma with Ani Lamdron

We are what we've done and will become what we do. A look at the different aspects of karma.

Kagyü Samye Dzong Dundee
Tibetan Buddhist Meditation Centre
For World Peace and Health
51 Reform Street,
Dundee
DD1 1SL.
Tel: 01382 872020
Email: info@dundee.samye.org
Web: www.dundee.samye.org

Kagyü Samye Dzong Aberdeen
Tibetan Buddhist Meditation Centre
For World Peace and Health
Classes held at:
The Unitarian Church,
43A Skene Terrace
Aberdeen,
AB10 1RN.
Tel: 07986 956365
Email: info@aberdeen.samye.org
Web: www.aberdeen.samye.org