



Transforming Difficulties: a day retreat

with Kelsang Chopel

Saturday, October 13, 10:00 am - 3:00 pm



Do everyday upsets leave you feeling frustrated, stressed out and overwhelmed? According to Buddha, there's no good reason for us to suffer like this. He taught how we can respond to challenges skillfully, creatively, with acceptance and wisdom, effectively converting life's problems into powerful spiritual lessons.

In this Retreat we will explore, through focused teachings and meditation, methods that enable us to turn difficult situations to our spiritual advantage.

"There are many difficult and unpleasant circumstances that we cannot avoid, but we can certainly avoid the unhappiness and anger that these circumstances normally provoke in us."

~ Geshe Kelsang Gyatso Rinpoche

*Please consider bringing a bag lunch so you can enjoy your Sangha friends and the beautiful grounds.

WHERE?

Woodchester:

15 King St., Bracebridge

Woodchester Parking Lot:

21 Entrance Drive, Bracebridge

*(If you have trouble finding us
please call 705-783-7064).*

Cost: \$25 (free for members)

SCHEDULE

session 1: 10:00 - 11:15 am

session 2: 11:45- 12:45 pm

session 3: 2:00 - 3:00 pm