

International Centre  
for Modern Buddhism

Aug 2025 - Aug 2026  
Everyone welcome

# Kadampa Temple for World Peace

Manjushri Kadampa  
Meditation Centre



'This is my favourite place... by far!'


Manjushri KMC is the mother centre of a worldwide network of modern Kadampa Buddhist centres founded by Venerable Geshe Kelsang Gyatso Rinpoche, who for over 40 years guided every aspect of the centre's development. It is a special place dedicated to world peace: a place where everyone can find their own inner peace, solve their problems and help others do the same – and thus help to create peace throughout the world.

Manjushri KMC offers courses and classes in Buddhist meditation on a local, national and international level to people of all ages and all walks of life, presenting the original teachings and meditations of Buddha in a contemporary form that is easy for people to understand and practise, making them fresh and accessible.

By integrating the practices of Kadampa Buddhism into our everyday life, we can solve our daily problems and experience lasting peace and happiness. Finding peace and happiness for oneself so that we can share it with others is the very essence of the Kadampa Buddhist way of life. Manjushri KMC is open to everyone.

You can take part in daily meditation classes, evening classes, day retreats, weekend meditation retreats, in-depth study programmes and international meditation festivals – all contained in this brochure – or drop in as a visitor to enjoy this peaceful place.





## Experience the Peace at Manjushri Kadampa Meditation Centre

Open to the public year-round, except for the International Spring, Summer and Fall Buddhist Festivals, Manjushri KMC offers a unique experience to visitors coming just for the day or staying over for a relaxing break. Family and dog-friendly, everyone is welcome at Manjushri KMC.

- Soak up the peace and see the beautiful statues in the Temple for World Peace – and enjoy a free 15-minute guided meditation.
- Enjoy the magnificent setting in 70 acres of wooded grounds on the shores of Morecambe Bay, with stunning views from the beach of the Lake District mountains.
- Visit the World Peace Café, open daily for light refreshments, and the adjacent shop with its unique range of gifts, cards and Buddhist books and statues.





## FOUNDER & SPIRITUAL GUIDE

# Venerable Geshe Kelsang Gyatso Rinpoche



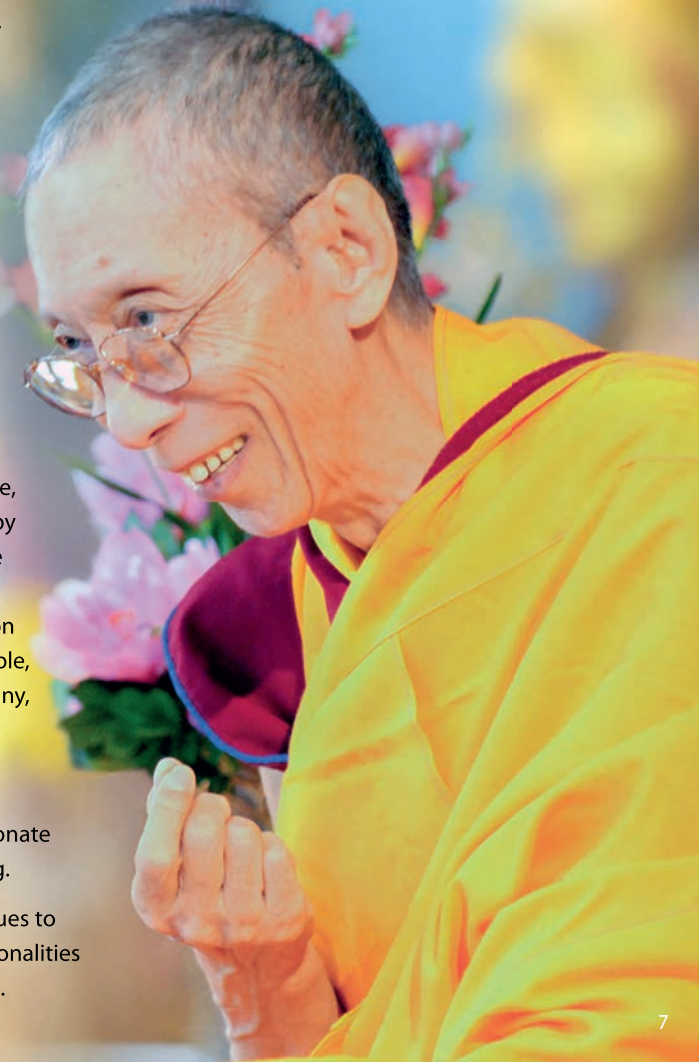
The Founder and Spiritual Guide of the New Kadampa Tradition is Venerable Geshe Kelsang Gyatso Rinpoche, affectionately known as 'Venerable Geshe-la'. Arriving in 1977, he was resident at Manjushri KMC for over 30 years, and showed the manner of passing away in September 2022. A world-renowned meditation master and the celebrated author of 23 books on all aspects of Buddhism, he is an international Teacher

who presents Buddha's teachings in ways that anyone, regardless of nationality, culture or age, can easily understand and apply to their busy, modern, daily lives. Many thousands of people around the world are experiencing the immense practical benefits of applying Venerable Geshe-la's life-transforming teachings, in this way solving their personal problems and discovering deep and lasting inner peace and happiness.

Inspired by his extraordinary vision, Buddhist Temples and centres have developed in many countries worldwide, offering teaching, meditation and Teacher Training programmes. In this way, a truly international Buddhist tradition has arisen, for this and future generations, that benefits all living beings equally and without discrimination.

Venerable Geshe-la is the Spiritual Guide of many thousands of people, whose hearts have been touched by his extraordinary wisdom and pure example. Everything within this brochure – the study and meditation programmes, the World Peace Temple, the international publishing company, the Kadampa Art Studio and the community of sincere lay and ordained Buddhist practitioners – is a manifestation of the compassionate heart of this remarkable holy being.

The legacy of his life's work continues to enrich the lives of people of all nationalities and cultures throughout the world.





## GEN-LA KELSANG DEKYONG

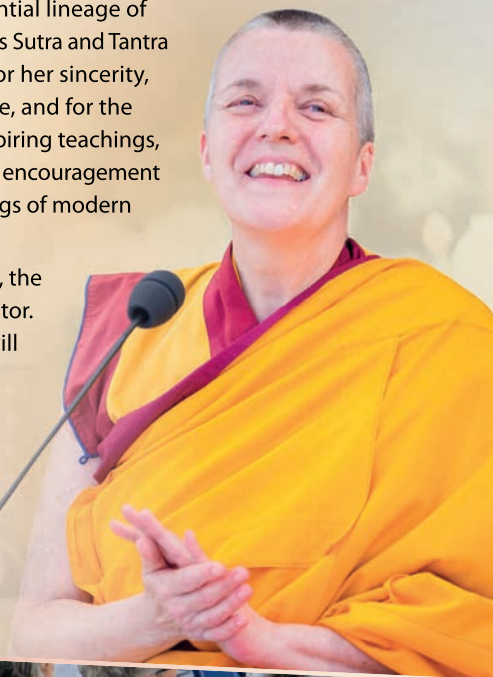
NKT-IKBU GENERAL SPIRITUAL DIRECTOR & RESIDENT TEACHER

Gen-la Kelsang Dekyong is the General Spiritual Director of the New Kadampa Tradition. An ordained Buddhist nun, she has been a student of Venerable Geshe Kelsang Gyatso Rinpoche for over forty years, sincerely training under his guidance in all aspects of Kadampa Buddhism. She is recognised as a fully qualified Dharma Teacher of both Sutra and Tantra. We are very fortunate to have her as the Resident Teacher at Manjushri KMC.

Gen-la Kelsang Dekyong carries the essential lineage of Venerable Geshe Kelsang Gyatso Rinpoche's Sutra and Tantra teachings in her heart. Deeply admired for her sincerity, her faithful reliance on her Spiritual Guide, and for the clarity of her immensely practical and inspiring teachings, she is a powerful source of inspiration and encouragement for those wishing to integrate the teachings of modern Kadampa Buddhism into their daily lives.

As a modern Kadampa Buddhist tradition, the NKT-IKBU elects its General Spiritual Director. Gen-la Kelsang Dekyong's term as GSD will finish in April 2026, when Gen-la Kelsang Jampa will become the new GSD.

As a retired GSD, Gen-la Dekyong will continue to serve our Founder and all living beings continually through teaching Kadam Dharma around the world and through her example.



## STUDY & MEDITATION PROGRAMMES AT THE CENTRE

At the heart of modern Kadampa Buddhism are three special study and meditation programmes designed by Venerable Geshe Kelsang Gyatso Rinpoche:

- General Programme
- Foundation Programme
- Teacher Training Programme

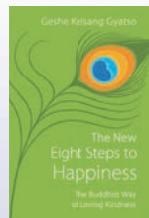
These programmes help us to develop our wisdom, cultivate a good heart and maintain a peaceful state of mind. As you will see in the following pages, the General Programme at Manjushri KMC offers a wide range of events suitable for everyone, from regular evening classes and entry level courses, to Tantric empowerments and long retreats.

To find out more, visit our website at: [manjushri.org/study](https://manjushri.org/study)





## SPECIAL CLASSES WITH GEN-LA KELSANG DEKYONG

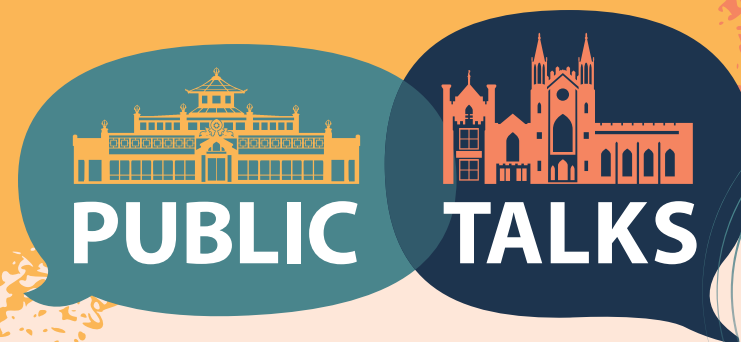


### SPECIAL TEACHER TRAINING PROGRAMME @MKMC THE NEW EIGHT STEPS TO HAPPINESS SUNDAY EVENINGS 7 - 9 PM & TUESDAY MORNINGS 7 - 8.45 AM

'Our most important task at the moment is to train our mind, and in particular to strengthen our intention to be of service to others.'

Venerable Geshe Kelsang Gyatso Rinpoche

Venerable Geshe-la teaches us that our main practice as a Kadampa student is to emphasise the essential instructions in *Eight Verses of Training the Mind* by Geshe Langri Tangpa, explained in detail from his own experience in the book *The New Eight Steps to Happiness ~ The Buddhist Way of Loving Kindness*. These classes present a special opportunity to learn practically how to cherish others through study, contemplation and meditation.



In The Temple For World Peace Everyone Welcome!



### BUILDING HABITS FOR A BETTER LIFE

September 14 2025  
with Gen Kelsang Drolkyi

While many things promise us a better life, real change starts from within, when we start making intentional choices that give balance and meaning to our life. A happier life is not a distant dream – it's something you can shape, one habit at a time. Learn how to build the mindset and habits that support a more grounded, resilient and rewarding life.

- Practical advice for busy life
- Guided meditations for greater peace of mind
- Enjoy the beautiful grounds, stay for lunch or relax in the World Peace Café

These public talks will be followed by a short series of teachings and meditations on the same theme in the Tuesday night classes and local areas



### UNDERSTANDING THE MIND ~ The secret to a happy life

February 8 2026  
with Gen-la Kelsang Dekyong

We all want to enjoy a happy life, but often we don't know how. In this inspiring public talk, Gen-la Dekyong will explain what the mind is and how it functions. This understanding is essential for developing the cause of real happiness that lies within our mind.

Join us to explore the secret to a happy life!

## TUESDAY EVENINGS WITH GEN-LA KELSANG DEKYONG



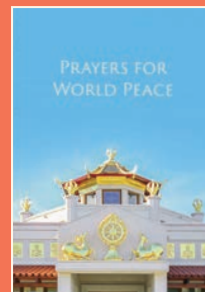
### MEDITATION FOR EVERYONE 7.30 - 9 PM

These drop-in evening classes teach how to solve our daily problems and find a happier way of life by learning to change three things – our perspective, our goals and our actions – through meditation. Essential practical advice for everyone. Perfect for beginners.

See website for course topics and class dates.



## OTHER CLASSES AT MANJUSHRI KMC



### Prayers for World Peace

Sundays 10.30 - 11.45 AM

Including a short teaching, guided meditations and inspiring prayers, this class is a way to make a positive contribution to the world.

**FREE**

### Morning Meditation Class

Wednesdays 10 - 11 AM

Learn special ways of thinking and how to engage in daily meditation practice. Everyone is welcome.

### Kids' Club Monthly Classes

Sundays 10.30 - 11.45 AM Family fun with meditations, games, stories and activities.

## LOCAL CLASSES

### WEEKLY CLASSES IN LOCAL TOWNS

Visit [manjushri.org/meditation-classes-in-local-towns](http://manjushri.org/meditation-classes-in-local-towns)



Kelsang Dechen  
Barrow-in-Furness



Annie Sanderson  
Ambleside



Helen Chadwick  
Grange-over-Sands



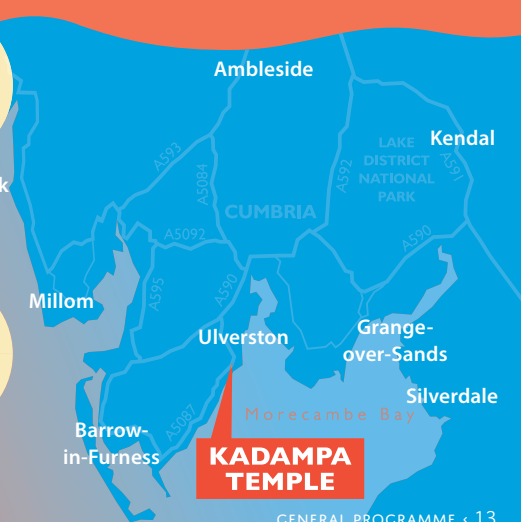
Paul Ferrie  
Kendal



Alan Hughes  
Millom



Paul Boseley  
Silverdale



## 15 MINUTE MEDITATIONS

Every day 12.30 PM and 2 PM

A short, guided meditation in the Temple for World Peace.

**FREE**

## Pure Mind, Pure World

*'Attaining enlightenment is very simple;  
all we need to do is apply effort  
to purifying our mind.'*

Venerable Geshe Kelsang  
Gyatso Rinpoche

## Developing Faith & Wisdom

~ as a fortunate  
modern Kadampa disciple



### The Blessing Empowerment of Buddha Vajrasattva & Teachings on Purification Practice with Gen-la Kelsang Dekyong

**November 28 - 30 2025** One of the most powerful methods Buddha taught to purify our mind is the meditation and recitation of Vajrasattva. Through this practice, we can swiftly and joyfully cleanse our mind of all impurity and eventually become a pure being, abiding in a pure world, with the power to draw others to the bliss of perfect freedom.

**November 30 - December 2** The course will be followed by a short retreat with a senior Kadampa teacher.



### The Blessing Empowerment of Wisdom Buddha Manjushri with Gen-la Kelsang Dekyong

*Gen-la Dekyong's last weekend course as General Spiritual Director at Manjushri KMC – not to be missed!*

**February 27 - March 1 2026** During this auspicious course, Gen-la Dekyong will teach how realising emptiness depends on developing deep faith in our Spiritual Guide, and share a special teaching about Ajatashatru that she received personally from Venerable Geshe-la to illustrate this. She will also teach on the connection between faith and wisdom from our heart prayer *Request to the Holy Spiritual Guide Venerable Geshe Kelsang Gyatso Rinpoche from his Faithful Disciples*.

**March 1 - 3** The course will be followed by a short retreat with a senior Kadampa teacher.



# DAY RETREATS A single day can make a real difference!

Take a break from your routine and spend a day nourishing your mind and heart in the peaceful environment of Manjushri Kadampa Meditation Centre. Our Day Retreats offer a simple yet powerful way to experience the benefits of meditation: inner calm, clarity and happiness. Through inspiring talks and guided meditations, you'll discover practical methods for dealing with everyday challenges and living with greater peace and joy. Whether you're new to meditation or looking to reconnect with your practice, a Day Retreat is a refreshing opportunity to reset and return to daily life with renewed energy and focus.



## Healing your Mind through Meditation

**September 6** with Kelsang Norbu



## Letting Go, Accepting the Past and Moving On

**November 8** with Kadam Rosy McDaniel,  
Resident Teacher of KMC Lancaster



## Awakening our Potential

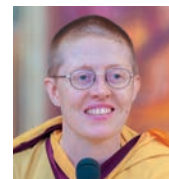
**March 14** with Paul Ferrie



## Make Time Matter

*A great time to form new habits*

**April 18** with Gen Kelsang Lhachog,  
Resident Teacher of Uma KMC, Carlisle



## Seeing Things Differently

**June 6** with Gen Kelsang Tubchen,  
Resident Teacher of KMC Edinburgh  
& Vajrasattva KMC, Dumfries



# WEEKEND MEDITATION RETREATS

A weekend away can open the door to lasting inner peace.

Our Weekend Meditation Retreats offer a unique opportunity to find peace of mind, gain a fresh perspective and explore practical ways of thinking for a happier, more meaningful life.

Through a combination of talks, contemplations and guided meditations, you'll discover new approaches to thinking and living that bring clarity and joy. There will also be time to enjoy the peaceful environment and beautiful natural surroundings of Manjushri Kadampa Meditation Centre.

Whether you're new to meditation or looking to deepen your practice, these retreats provide a welcoming space to pause, reflect and reconnect with what matters most.



## From Conflict to Calm

September 19 - 21

with Kadam John McBretney,  
Resident Teacher of Heruka KMC, London



## Finding Inspiration through Adversities

November 14 - 16 with Gen Kelsang Norden,  
Resident Teacher of Compassion KMC, Newcastle



## Understanding our Past, Creating our Future

March 20 - 22 with Kadam Adam Starr,  
Resident Teacher of Tara KMC, Dublin



## The Secret of Resilience

April 24 - 26

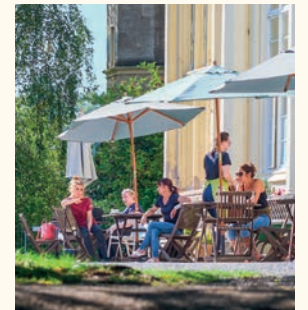
with Gen Kelsang Drolkyi,  
Second Teacher of Manjushri KMC



## Learning about Love

June 12 - 14

with Gen Kelsang Jigme,  
Resident Teacher of Bodhisattva KMC, Brighton



# SUMMER RETREAT

**FREEDOM WITHIN ~ DISCOVER LASTING  
PEACE THROUGH MEDITATION**

**August 28 - 31, 2026** with Kelsang Sama, Resident Teacher of KMC Manchester



In this lightly-guided retreat, we will learn practically how to use Buddha's wisdom to release our mind from our habitual ways of thinking that keep us trapped in a state of confusion and suffering, and thus begin to discover the freedom and joy that comes from authentic inner development.

This retreat is suitable for everyone, whether you want to start a meditation practice or deepen your experience. Everyone is welcome.



# FAMILY WEEKEND FINDING REAL HAPPINESS

**May 1 - 4** A chance for families to meet, have fun and enjoy a joyful weekend with a difference! With guided meditations, team activities, games and much more, this is a chance for all the family to learn how to find a real and lasting source of happiness and experience a joyful way of life.

# MINI RETREAT BREAKS

**RECHARGE YOUR BATTERIES**

Step away to another world and hit pause on the endless stress and busyness of daily life in peaceful and blessed surroundings. Enjoy a gentle, guided meditation to relax and unwind when you arrive, with meditations to uplift and inspire the following morning. There is ample time for peaceful woodland walks to the shores of Morecambe Bay, quiet reflection in the gardens, or time with others in the Café. Return home energised and refreshed, with a clearer perspective on life and renewed joy.

**October 17 - 18    December 12 - 13**  
**March 27 - 28    May 8 - 9    June 19 - 20**





## CHRISTMAS COURSE

### How to be kind to yourself:

*The Gift of Peace* December 24 - 28 2025

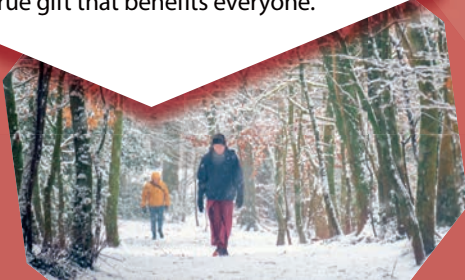
with **Gen Kelsang Tilopa**, Resident Teacher of KMC Liverpool

This Christmas, give yourself the most meaningful gift:  
a peaceful and loving heart.

In the beautiful and relaxing environment of the Kadampa Temple for World Peace, enjoy a special course with guided meditations and practical teachings based on Buddha's wisdom.

Discover how to relate to yourself with kindness, experience meditations that bring peace to your mind, and develop a loving, compassionate approach to solving your daily problems.

Experience the joy of inner peace –  
a true gift that benefits everyone.



## NEW YEAR'S CELEBRATION

### with Gen-la Kelsang Dekyong Time for a New Perspective

*Learning to be Happy Whatever Happens!* December 31

Begin 2026 with a new perspective that will help you maintain a happy mind, whatever happens. Learn special ways of thinking to create the life you long for – and make it your best year yet!

### 24-hour Tara Chanting Retreat

December 31 - January 1

A special and wonderful way to begin the New Year at the Kadampa Temple for World Peace with praises and requests to Arya Tara, following the prayers *Liberation from Sorrow*.

Arya Tara has the power to free us from sorrow and fulfil our wishes for a happy, meaningful life.

Everyone is welcome!



# THE JANUARY RETREAT

NOW IS THE TIME



Every year for the month of January, Manjushri KMC goes into retreat mode. This offers a precious opportunity to enjoy in-depth retreat in the Temple for World Peace, blessed by Venerable Geshe Kelsang Gyatso Rinpoche, who taught, prayed and granted empowerments there for many years. It is difficult to find a more blessed place to engage in retreat.

## Dorje Shugden Close Retreat

- NOW IS THE TIME -

2 - 31 January 2026 with Gen-la Kelsang Dekyong  
in the Kadampa Temple for World Peace, Manjushri KMC.

**The Purpose** To make a special connection with Dorje Shugden so that we will receive his special care. Through this close connection, Dorje Shugden will pacify obstacles and gather necessary conditions for our Dharma practice and our path to enlightenment.

**Virtuous Action** To count 100,000 of both long and short Dorje Shugden mantras with *Wishfulfilling Jewel* prayers.

**Blessed Location** In the Kadampa Temple for World Peace, Manjushri Kadampa Meditation Centre, UK.

**Spiritual Company** Faithful Kadampa practitioners from around the world.



# FREEDOM FROM DIFFICULTIES

Viewing Life in the Most  
Meaningful Way



## EASTER WEEKEND COURSE

April 3 - 6 2026 with Gen Kelsang Sangden

National Spiritual Director of Mexico, Nicaragua, Colombia & Peru and Resident Teacher at KMC Mexico

We all seek freedom from difficulties, often seeing them as problems to escape from. But when we respond with a peaceful, positive mind, these challenges no longer weigh us down – they become chances to grow and develop. In this course, we will learn practical and uplifting methods to transform our day-to-day lives – including even the most difficult situations – into opportunities for personal and spiritual development.



HOME OF  
THARPA PUBLICATIONS



## VISIT OUR BOOKSHOP

Discover the collected works of the visionary Buddhist Master and Teacher, Geshe Kelsang Gyatso. His accessible books form the foundation of all meditation courses, classes and retreats at Kadampa Meditation Centres worldwide.

Visit our Tharpa Bookshop and take a piece of Manjushri KMC home with you, returning with pages of wisdom and inspiration. In an increasingly turbulent world, these books are genuine guides helping you find real meaning and peace of mind.

Browse the shop here, or online at [tharpa.com](http://tharpa.com) – you're sure to find a book that resonates with you.





## Offering Our Faith

Celebrating the great kindness  
of Venerable Geshe Kelsang  
Gyatso Rinpoche

*Special day of retreat in the  
Temple at Manjushri KMC*

**June 4 Venerable Geshe-la's Birthday  
& Turning the Wheel of Dharma Day**

Every day we remember the  
extraordinary kindness of Venerable  
Geshe-la, our Root Guru and Founder  
of the New Kadampa Tradition,  
but on this auspicious day, with  
minds of rejoicing and gratitude,  
we will offer him our faith by using  
the special prayer *Request to the  
Holy Spiritual Guide Venerable Geshe  
Kelsang Gyatso Rinpoche from his  
Faithful Disciples* and collecting his  
name mantra in a one-day retreat.

*Everyone is welcome to take part.*

## FOUNDATION PROGRAMME

Currently studying *Universal Compassion*  
with Gen Kelsang Drolkyi Mondays 7 - 9 PM

The *Foundation Programme* (FP)  
provides an opportunity to engage  
in systematic study and meditation on  
the essential subjects of Mahayana



Buddhism based on  
six books by Venerable  
Geshe Kelsang  
Gyatso Rinpoche.  
Participants enrol for  
one book at a time.

The emphasis in the classes, which  
consist of teachings, meditation and  
discussion, is on gaining practical  
experience of Buddha's teachings  
that you can apply to your daily life.

For more information, and to apply for either of these programmes, please visit: [manjushri.org/study](http://manjushri.org/study)

## SPECIAL TEACHER TRAINING PROGRAMME



Currently studying *The New  
Eight Steps to Happiness*.  
with Gen-la Kelsang Dekyong  
Sundays, Mondays & Tuesdays

The purpose of the *Teacher  
Training Programme* is to  
provide a more extensive

presentation of particular subjects of Mahayana  
Buddhism, to enable practitioners to deepen their  
knowledge and experience of Buddhism and to  
train as qualified New Kadampa Tradition teachers.

Studying this book with Gen-la Dekyong on STTP  
with commitments offers a wonderful opportunity  
to emphasise these special teachings practically,  
from our heart. Then we will become qualified to  
teach others and, particularly, to show the great  
value of Kadam Dharma through our own example.

## ADVANCED RETREATS

Lamrim Retreat Aug 29 - Sep 5, 2025

Guru Yoga & Mandala Offering Retreat Nov 21 - 27, 2025

Amitayus Retreat Feb 13 - 15, 2026

Vajrasattva Retreat Feb 20 - 26, 2026

Nyungnay Purifying Ritual Practice Apr 13 - 15, 2026

Refuge Retreat Jul 3 - 10, 2026

# INTERNATIONAL FESTIVALS

A GLIMPSE  
OF WORLD PEACE

**'This Festival is our spiritual holiday,  
our meaningful holiday. It will bring  
great meaning into our life, I promise.'**

Venerable Geshe Kelsang Gyatso Rinpoche

## THE FESTIVAL TEACHERS

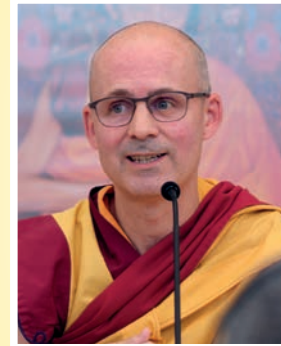
Each year, the three International Festivals are taught by senior teachers of the NKT



### Gen-la Kelsang Dekyong

is the General Spiritual Director of NKT-IKBU and the Resident Teacher of Manjushri KMC.

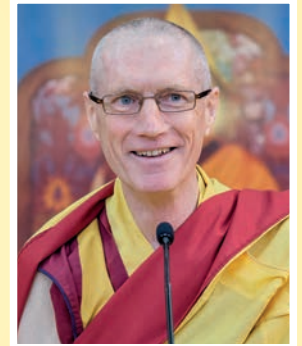
She has been a student of Venerable Geshe Kelsang Gyatso Rinpoche for over forty years, sincerely training under his guidance in all aspects of Kadam Dharma. She is recognised as a fully qualified Dharma teacher of both Sutra and Tantra.



### Gen-la Kelsang Jampa

is the Deputy Spiritual Director of NKT-IKBU, the National Spiritual Director of Canada, and the Resident Teacher of Kadampa Meditation Centre Los Angeles.

He is greatly admired for the warmth and sincerity of his teachings and the pure example he shows in his daily life.



### Gen-la Kelsang Khyenrab

is a Retired General Spiritual Director of NKT-IKBU, and the Resident Teacher of Tara IKRC, UK.

He is deeply respected throughout the Kadampa world as a sincere practitioner and for his powerful teachings, his wisdom and his pure example of humility and loving-kindness.



NKT-IKBU INTERNATIONAL

# FALL FESTIVAL

2025 OCTOBER 3 - 9

Protector from All Obstacles

## DORJE SHUGDEN EMPOWERMENT DEVELOPING FAITH IN DORJE SHUGDEN

with Gen-la Kelsang Dekyong



In challenging times we need to find protection from dangers and worries so that we can make continual spiritual progress.

Dorje Shugden is a Wisdom Buddha who destroys all our obstacles and gathers all the conditions we need to practise Dharma and transform life's difficulties into stepping stones to enlightenment.

Whether we're facing daily troubles or spiritual obstacles, our Dharma Protector offers us unwavering care and protection. By drawing close to him we become fearless, with the spiritual strength to help both ourselves and others.

Gen-la Dekyong will grant empowerment and share practical teachings on how to come under the constant care of this powerful Protector. Through this we can realise our Spiritual Guide's teachings and make swift progress on the path to enlightenment.



at IKRC Grand Canyon, USA  
[kadampafestivals.org/fall](http://kadampafestivals.org/fall)



NKT-IKBU INTERNATIONAL

# SPRING FESTIVAL

2026 MAY 22 - 27

Finding the Source  
of True Happiness

## BUDDHA AMITAYUS EMPOWERMENT AND TEACHINGS ON *EIGHT VERSES OF TRAINING THE MIND*

with Gen-la Kelsang Khyenrab



Through this empowerment we will receive the special blessings of Amitayus, the Buddha of long life, wisdom and merit.

Then, based on *Eight Verses of Training the Mind*, Gen-la Khyenrab will explain how we can transform all the problems and difficulties of our daily life into opportunities for developing authentic love and compassion, and for finding true and lasting happiness.

*'If everyone were to practise cherishing others, many of the major problems of the world would be solved in a few years.'*

Venerable Geshe Kelsang Gyatso Rinpoche  
*The New Eight Steps to Happiness*



at Manjushri KMC, UK  
[kadampafestivals.org/spring](http://kadampafestivals.org/spring)

# TEACHINGS ON THE STAGES OF THE PATH, LAMRIM & HIGHEST YOGA TANTRA EMPOWERMENTS AND COMMENTARY

## WEEK 1 Teachings on Kadam Lamrim – The Stages of the Path to Enlightenment with the DSD

The Lamrim instructions form the main body of Buddha's teachings. By integrating these instructions into our daily life, we can learn how to control our mind and always keep a good motivation in our heart. This will make all our daily actions pure and meaningful and, as we experience increasingly more peaceful states of mind, we will discover the supreme happiness of enlightenment.

This week will also be a perfect preparation for receiving Highest Yoga Tantra empowerments.



## WEEK 2 Heruka Body Mandala & Vajrayogini Empowerments with Gen-la Kelsang Jampa

Highest Yoga Tantra is a special method for attaining enlightenment in this one short life. The very essence of Highest Yoga Tantra can be found in the practices of Heruka and Vajrayogini.

Gen-la Kelsang Jampa will grant the Heruka and Vajrayogini empowerments that bestow upon us the special blessings of these Buddhas. He will then give clear and practical teachings on how to enter and make progress on this blissful, quick path to enlightenment – the ultimate goal of our human life.



at Manjushri KMC, UK  
[kadampafestivals.org/summer](http://kadampafestivals.org/summer)



NKT-IKBU INTERNATIONAL

# SUMMER FESTIVAL

JULY 24 - AUGUST 8 2026

The Supreme Path to Enlightenment



NKT-IKBU INTERNATIONAL

# FALL FESTIVAL

OCTOBER 9 - 15 2026

Our Real Heart Jewel

**JE TSONGKHAPA EMPOWERMENT**

TEACHINGS ON FAITH IN GURU TSONGKHAPA AND THE  
BLESSED PRACTICE OF THE MIGTSEMA REQUEST PRAYER

**AT KMC SPAIN** [kadampafestivals.org/fall](http://kadampafestivals.org/fall)



with Gen-la  
Kelsang  
Dekyong



## INTERNATIONAL TEMPLES PROJECT

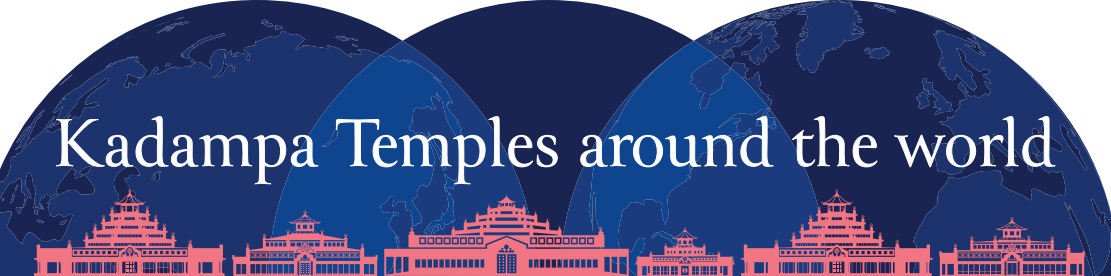
**The International Temples Project (ITP) is an international fund dedicated to public benefit.**

It was founded by Venerable Geshe Kelsang Gyatso Rinpoche with the aim to introduce the Buddhist faith and practice of the NKT publicly, and to exemplify Buddhist practice through public service – showing how individuals and society benefit through the practice of Buddhism in modern daily life.

Constantly adapting to meet the needs of contemporary society, the International Temples Project presently achieves its aim through creating traditional and non-traditional World Peace Temples, Kadampa Meditation Centres and International Retreat Centres, and through the activities of World Peace Cafés and Tharpa Publications. Find out more at [kadampa.org](http://kadampa.org)



# Kadampa Temples around the world



KMC NEW YORK, USA



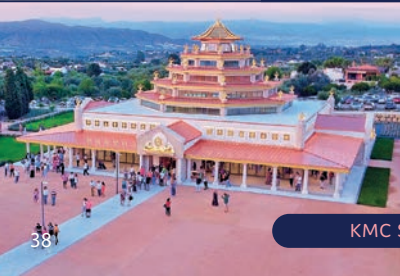
KMC BRAZIL



KMC DEUACHEN, PORTUGAL



KMC SPAIN



MANJUSHRI KMC, UK



KMC BRAZIL



IKRC GRAND CANYON, USA



Venerable Geshe-la established a project for the building of Kadampa Temples for World Peace throughout the world. These Temples are special, holy places that benefit everyone who visits them. They also bring together the Kadampa spiritual family for International and National Festivals, which serve to maintain the International Kadampa Buddhist Union from generation to generation.



In exchange for 5 days' work, the centre offers 7 nights' dormitory accommodation, meals and free attendance at daily meditations and weekly classes during your stay.

Volunteer visits are a perfect introduction to the experience of life in a modern Buddhist community, using your time to make a real contribution to peace in the world.

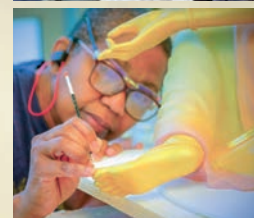
VISIT [MANJUSHRI.ORG/VOLUNTEERING](http://MANJUSHRI.ORG/VOLUNTEERING) TO APPLY



# HOME OF THE Kadampa Art Studio



Buddha statues and holy objects for Kadampa Centres worldwide are created in the Kadampa Art Studio at Manjushri Kadampa Meditation Centre.



The work in the studio involves creating original sculptures using modelling software and 3D printing, making the moulds, casting, finishing, painting and gilding the statues.

The studio workers are volunteers from the local area as well as people from all over the world. Many people who help in the studio do not have a background in art but develop skills through being part of this amazing and auspicious project.

To help, please contact:  
[studio@kadampa.org](mailto:studio@kadampa.org)



## VISITING & STAYING AT THE CENTRE

### ACCOMMODATION & MEALS

The centre offers simple accommodation and home-cooked vegetarian food at reasonable rates. The staff, who are mostly volunteers, are committed to providing service to the public as an expression of their Buddhist faith. Single and twin rooms, with either ensuite or shared bathroom facilities, and dormitory rooms are available. Accommodation rates include a light breakfast; lunch and dinner can also be booked. All meals are vegetarian and are served in the centre's communal dining room.

### ACCESSIBILITY

Accessible facilities are available: please enquire for details. Please inform us if you have restricted mobility as many rooms are on the upper floors, including one of the main meditation rooms.

### RECEPTION

For reception office hours, please check the website. See your course booking confirmation letter for course reception times.

### BECOMING A RESIDENT

Manjushri KMC is the mother centre of NKT-IKBU and home to a residential community of around 100 people from all walks of life who help to run the centre, as well as a number of international projects supporting the development of Temples for World Peace around the world.

If you are interested in becoming a resident, please contact the Administrative Director at [director@manjushri.org](mailto:director@manjushri.org)

## BOOKING (PLEASE NOTE: contact details on back page)

All courses can be booked online at [manjushri.org](http://manjushri.org)

For guest stays (*not attending a course*), or if you require advice or assistance with making a booking, please contact reception: [01229 584029](tel:01229584029) | [info@manjushri.org](mailto:info@manjushri.org)

The courses are very popular and the centre has many visitors throughout the year, so please book as early as you can – and at least 24 hours in advance.

For accommodation, food and course prices please visit our website: [manjushri.org](http://manjushri.org)

## THE YEAR AT A GLANCE

MONTH	DATE	EVENT	PAGE	MONTH	DATE	EVENT	PAGE
Aug	29 - Sep 5	Kadam Lamrim Retreat	29	Feb cont.	20 - 26	Vajrasattva Retreat	29
Sep	6	Day Retreat – Healing Your Mind through Meditation	17		27 - Mar 1	Weekend Course with Gen-la Kelsang Dekyong – Manjushri Empowerment – Developing Faith and Wisdom	15
	14	Public Talk with Gen Kelsang Drolkyi – Building Habits for a Better Life	11	Mar	1 - 3	Post Weekend Course Guided Retreat	15
	19 - 21	Weekend Meditation Retreat – From Conflict to Calm	19		14	Day Retreat – Awakening our Potential	17
Oct	3 - 9	<b>International Fall Festival – Arizona</b>	32		20 - 22	Weekend Meditation Retreat - Understanding our Past, Creating our Future	19
	17 - 18	Mini Retreat Break	21		27 - 28	Mini Retreat Break	21
Nov	8	Day Retreat – Letting Go, Accepting the Past and Moving On	17	Apr	3 - 6	Easter Weekend Course with Gen Kelsang Sangden – Freedom from Difficulties	26
	14 - 16	Weekend Meditation Retreat – Finding Inspiration through Adversities	19		13 - 15	Nyungnay Purifying Ritual Practice	29
	21 - 27	Guru Yoga and Mandala Offering Retreat	29		18	Day Retreat – Make Time Matter	17
	28 - 30	Weekend Course with Gen-la Kelsang Dekyong – Vajrasattva Empowerment – Pure Mind, Pure World	14		24 - 26	Weekend Meditation Retreat – The Secret of Resilience	19
	30 - Dec 2	Post Weekend Course Guided Retreat	14	May	1 - 4	Family Weekend – Finding Real Happiness	20
Dec	12 - 13	Mini Retreat Break	21		8 - 9	Mini Retreat Break	21
	24 - 28	Christmas Course – How to be Kind to Yourself: The Gift of Peace with Gen Kelsang Tilopa	22		22 - 27	<b>International Spring Festival</b>	33
	31 - Jan 1	New Year's Eve Celebration / 24-hour Tara Chanting Retreat with Gen-la Kelsang Dekyong	23	Jun	4	Venerable Geshe-la's Birthday – Offering our Faith Day Retreat	28
Jan	2 - 31	January Retreat with Gen-la Kelsang Dekyong – Dorje Shugden Close Retreat: Now is the Time	25		6	Day Retreat – Seeing Things Differently	17
Feb	8	Public Talk with Gen-la Kelsang Dekyong – Understanding the Mind: The Secret to a Happy Life	11		12 - 14	Weekend Meditation Retreat – Learning about Love	19
	13 - 15	Amitayus Retreat	29		19 - 20	Mini Retreat Break	21
				Jul	3 - 10	Refuge Retreat	29
					24 - Aug 8	<b>International Summer Festival</b>	35
				Aug	28 - 31	Summer Retreat – Freedom Within: Discover Lasting Peace through Meditation	20



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Open daily 11 AM - 5 PM (except at Festival times:  
please see website). Grounds open dawn to dusk.

Book courses online at **manjushri.org**

Manjushri KMC, Conishead Priory,  
Priory Road, Ulverston, Cumbria, LA12 9QQ  
email: [info@manjushri.org](mailto:info@manjushri.org)  
tel: +44 (0)1229 584029

MKMC is part of the New Kadampa Tradition – International Kadampa Buddhist Union. Registered Charity Number: 1015054

