



CPMT / FPMT SPAIN

TOUR VEN. GESHE TENZIN ZOPA 2025

1. **“La sabiduría de Nagarjuna”** - Bilbao: <https://nagarjunabilbao.com>

In person and online.

- Friday, 24 January 2025: 19:00 - 21:00

‘How to have good physical and mental health’.

- Saturday 25th, from 11:00 to 14:00 and from 16:30 to 19:30.

- Sunday 26th, from 11:00 to 14:00

‘The 37 practices of Bodhissattva’.

2. **‘Nagarjuna Barcelona’**: <https://www.nagarjunabcn.org/events/tenzin-zopa>

In person and online.

- Tuesday, 28th and Wednesday 29th January: 19:30-20:00: **Teachings on ‘Death and Rebirth’.**

3. **Casa Tibet - Barcelona**: <https://casadeltibetbcn.org/actividades>

- Thursday, 30th January.

In person. Public talk: 19:00- 20:30.

‘Advice on how to apply Buddhist philosophy to daily life in a modern world’.

4. **‘Tushita’** - Viladrau: <https://tushita.es/es>

- Friday 31 January, Saturday 1 February and Sunday 2 February.

In person and online.

‘Teachings on LOJONG: Mental training’.

Afiliada a la Foundation for the Preservation of the Mahayana Tradition (FPMT Inc.)

Inscrita en el Registro de Entidades Religiosas (Ministerio de Presidencia) nº 436

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5. **'Tekchen Choeling - Ontinyent (Valencia)'**: cbudistaontinyent@gmail.com

In person.

- Tuesday, 4th February: Public talk: **"Compassion without limits"**.

Place: Fundació Caixa Ontinyent - Valencia

Calle Melcior Gomis 3, 46.870. Ontinyent.

- Saturday, 8 February, Tekchen Choeling Centre - Ontinyent: **'The 8 verses of thought transformation on the text of Geshe Langri Thangpa'**.

Place: Tekchen Choeling Center

- Sunday, 9th February: **'Transmission of the Medicine Buddha Sadhana and teachings on healing with the meditation of the Medicine Buddha'**.

Place: Tekchen Choeling Center.

6. **'Nagarjuna Valencia'**: <https://nagarjunavalencia.com>

In person and online.

- Saturday 15th and Sunday 16th February: **'The Buddha Nature'**.

7. **'Nagarjuna Alicante'**: <https://budismoalicante.com/actividades>

In person and Online.

- Friday, 21 February: 19.00 -20.30: **"What are the prostrations and how they benefit to us"**.

- Saturday 22nd and Sunday 23rd February: **'The 12 links of Dependent Origination'**.

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8. **'Nagarjuna Madrid'**: <https://www.nagarjunamadrid.org>

In person and Online.

- Thursday, 27 February: **'Commentary on Refuge, bodhisattva vows and lay vows'**.

In person

Friday 28: **'Refuge, lay and bodhisattva vows will be given'**.

In person and online.

Saturday, March 1 and Sunday, March 2: **'Teachings: Light on the Path'**.

9. **'Nagarjuna Granada'**: <https://nagarjunagr.org>

In person

Tuesday, March 4: **'Teachings on Emptiness'**.

10. **'Oseling Retreat Center'**: <https://oseling.com>

In person

Saturday, March 8th and Sunday, March 9th: **'Teachings on Mahamudra and how to practice Mahamudra meditation'**.

*All the teachings of the programme will be transmitted in English and there will be translation into Spanish.

Thank you for your attendance!

National Coordination CPTM/ FPMT.

Irina Hueso Roldán.

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