

Schedule for weekend sessions

in Rinpoche's presence:

Saturday	10 am–12 pm	- Recitation of The Necklace of the Fortunate (Jorchö)
	2–4 pm	- Study programme session with tutor: The basics of Buddhism & the five aggregates or study/reflection/meditation. There is also an independent group session and a session for newcomers – both in French.
	4.15–5.45 pm	- Teaching given by Geshe Lobsang Tenzin la on the <i>Bodhicaryâvatâra</i> (A Guide to the Bodhisattva's Way of Life) by Shantideva
Sunday	10–10.45 am	- Recitation of the Ganden Lha Gyama
	10:55 am–12:15 pm	- Lamrim teaching given by Venerable Dagpo Rinpoche*
	1.45–2.10 pm	- Question and answer session on the teaching or independent meditation
	2.10–4:10 pm	- Study programme session with tutor: The basics of Buddhism & the five aggregates or study/reflection/meditation. There is also an independent group session and a session for newcomers – both in French.
	4.15–4.20 pm	- Dedication
	4.20 pm	- Tea, tidying up and cleaning

*Rinpoche's health permitting

in Rinpoche's absence:

Saturday	10 am–12 pm	- Recitation of <i>The Necklace of the Fortunate</i> (Jorchö)
	2–3 pm	- Meditation on the lamrim or concentration meditation
	3.15–5.15 pm	- Study programme session with tutor: The basics of Buddhism & the five aggregates or learning/reflection/meditation. There is also an independent group session and a session for newcomers – both in French.
Sunday	9–9.45 am	- Recitation of the <i>Ganden Lha Gyama</i>
	10 am–12 pm	- Study programme session with tutor: The basics of Buddhism & the five aggregates or learning/reflection/meditation. There is also an independent group session and a session for newcomers – both in French.
	1.45–2.45 pm	- Study programme session with tutor
	2.45–3.40 pm	- Study programme session without tutor
	3.50–3.55 pm	- Dedication
	4 pm	- Tea, tidying up and cleaning

The Institutes need your help!

The Institutes depend heavily on volunteers to function. Once a month, we organize a weekend for the upkeep of the buildings and grounds so we can continue to receive people for Dharma activities in the best possible conditions. Even if you can only spare a few hours, your help is very welcome. Please remember that participating in this type of activity should be thought of as Dharma practice.



INSTITUT GANDEN LING, INSTITUT GUÉPÈLE,
INSTITUT BOUDDHISTE DU LAMRIM
Teachings given by Venerable Dagpo Rinpoche and other activities of the Institutes

January–July 2026



Updated 18/01/2026 – Please note that the schedule is subject to change. For the most recent updates: 01 60 70 39 81 (answering machine) or <http://www.gandenling.org> or @GandenLing

Location of activities: Face-to-face activities can sometimes be replaced by a videoconference via Zoom or an activity done independently from home. Please consult the website or the answering machine regularly for the latest updates.

VEUX: 34bis rue du Viaduc, 77250 Veneux-Les Sablons. Access by “Chemin de la Passerelle” (only for pedestrians).
-Weekend sessions at Yiga Choedzin (temple in Veneux): Saturday & Sunday from 10 am to 6 pm
-Saturday or Sunday morning at Yiga Choedzin: recitation of *The Necklace of the Fortunate* or *The Southern Lineage Six Preliminary Practices* at 10.30 am
-Upkeep (cleaning and gardening) of the Institutes: from 10 am to 5 pm. It is **imperative** to sign up for this beforehand – please contact Ivan (06 07 66 92 94) for cleaning and Sophie (06 10 55 22 74) for gardening. Please note that dates may be modified according to the number of participants.
PARIS: Forum 104, 104 rue de Vaugirard, Paris 6th
NB An English translation is only available for teachings!

JANUARY 2026: Please request Zoom connection codes the day before at the latest.

Sat 3	Veneux/ At home	Info: Lamrim meditation day – see retreat calendar
Sun 4, 18, 25	Veneux/ At home	10.30 am: Recitation of The Necklace of the Fortunate or The Southern Lineage Six Preliminary Practices
Tues 6, 20	At home	Zoom, 7–8.30 pm: “ Discover the Buddha's teaching ”
Thurs 8, 15, 22, 29	At home	Zoom, 7–8.00 pm: “ The little things that do us good ” with a Buddhist nun
Sat 10–Sun 11	Veneux/ At home	Weekend session with study programme (see details p. 4). The teachings are translated into English and French. Further details to come.
Tues 13, 27	At home	Zoom, 7–8.00 pm: Training in concentration meditation
Wed 14	At home	Zoom, 7.15 pm: Session on the six preliminary practices
Sat 24	Veneux/ At home	Info: Lamrim meditation day – see retreat calendar
Sun 25	Veneux/ At home	11 am: Teaching given by Venerable Dagpo Rinpoche on his commentary of the Uttaratantra. Translated into English and French and webcast.

FEBRUARY 2026: Please request Zoom connection codes the day before at the latest.

Sun 1, 15, 22	Veneux/ At home	10.30 am: Recitation of The Necklace of the Fortunate or The Southern Lineage Six Preliminary Practices
Tues 3, 17	At home	Zoom, 7–8.30 pm: “ Discover the Buddha's teaching ”

Thurs 5	Forum104 Paris	7pm: Conference on “How can we give our life meaning?” by Marie-Stella Boussemart at Forum104, salle Olivier.
Sat 7–Sun 8	Veneux/ At home	Weekend session with study programme (see details p. 4). The teachings are translated into English and French. Further details to come.
Tues 10, 24	At home	Zoom, 7–8.00 pm: Training in concentration meditation
Thurs 12, 19, 26	At home	Zoom, 7–8.00 pm: “ The little things that do us good ” with a Buddhist nun
Sun 15	Veneux	Preparation for Losar (Tibetan new year)
Wed 18	Info	Losar (Tibetan new year)
Sat 21	Veneux/ At home	<i>Info: Lamrim meditation day</i> – see retreat calendar
Sun 22	Veneux/ At home	11 am: Teaching given by Venerable Dagpo Rinpoche on his commentary of the Uttaratantra . Translated into English and French and webcast.
Sun 22	Veneux	12.15 pm: Losar celebration (Tibetan new year)
Wed 25	At home	Zoom, 7.15 pm: Introduction to the six preliminary practices
MARCH 2026: <i>Please request Zoom connection codes the day before at the latest.</i>		
Sun 1, 8, 22	Veneux/ At home	10.30 am: Recitation of <i>The Necklace of the Fortunate</i> or <i>The Southern Lineage Six Preliminary Practices</i>
Tues 3, 17	At home	Zoom, 7–8.30 pm: “ Discover the Buddha’s teaching ”
Thurs 5, 12, 19, 26	At home	Zoom, 7–8.00 pm: “ The little things that do us good ” with a Buddhist nun
Tues 10, 24, 31	At home	Zoom, 7–8.00 pm: Training in concentration meditation
Sat 14–Sun 15	Veneux/ At home	Weekend session with study programme (see details p. 4). The teachings are translated into English and French. Further details to come.
Wed 18	At home	Zoom, 7.15 pm: Introduction to the six preliminary practices
Sat 21	Veneux/ At home	<i>Info: Lamrim meditation day</i> – see retreat calendar
Sat 28–Sun 29	Veneux	<i>Info: Purification retreat</i> – see retreat calendar
APRIL 2026: <i>Please request Zoom connection codes the day before at the latest.</i>		
Thurs 2, 9, 16	At home	Zoom, 7–8.00 pm: “ The little things that do us good ” with a Buddhist nun
Sun 5, 19	Veneux/ At home	10.30 am: Recitation of <i>The Necklace of the Fortunate</i> or <i>The Southern Lineage Six Preliminary Practices</i>
Tues 7, 21	At home	Zoom, 7–8.30 pm: “ Discover the Buddha’s teaching ”
Sat 11	Veneux	3.30 pm: General meeting – Guépèle Institute (reception from 2.30 pm)
Sun 12	Veneux/ At home	35 Confession Buddhas purification practice
Tues 14	At home	Zoom, 7–8.00 pm: Training in concentration meditation
Wed 15	At home	Zoom, 7.15 pm: Introduction to the six preliminary practices
Fri 24–Sun 3 May	Veneux/ At home	<i>Info: Great lamrim retreat</i> from Friday, 24 April (evening) to Sunday, 3 May (afternoon). Reserved for lamrim retreatants – registration required
MAY 2026: <i>Please request Zoom connection codes the day before at the latest.</i>		
Tues 5, 19	At home	Zoom, 7–8.30 pm: “ Discover the Buddha’s teaching ”
Thurs 7, 14, 21, 28	At home	Zoom, 7–8.00 pm: “ The little things that do us good ” with a Buddhist nun
Sun 10, 17	Veneux/ At home	10.30 am: Recitation of <i>The Necklace of the Fortunate</i> or <i>The Southern Lineage Six Preliminary Practices</i>
Tues 12, 26	At home	Zoom, 7–8.00 pm: Training in concentration meditation

Sat 23–Sun 24	Veneux/ At home	Weekend session with study programme (see details p. 4). The teachings are translated into English and French. Further details to come.
Sat 30	Veneux/ At home	<i>Info: Lamrim meditation day</i> – see retreat calendar
Sat 30–Sun 31	Paris	Vesak celebration (UBF)
JUNE 2026: <i>Please request Zoom connection codes the day before at the latest.</i>		
Tues 2, 16	At home	Zoom, 7–8.30 pm: “ Discover the Buddha’s teaching ”
Thurs 4, 11, 18, 25	At home	Zoom, 7–8.00 pm: “ The little things that do us good ” with a Buddhist nun
Sun 7, 21	Veneux/ At home	10.30 am: Recitation of <i>The Necklace of the Fortunate</i> or <i>The Southern Lineage Six Preliminary Practices</i>
Tues 9, 23, 30	At home	Zoom, 7–8.00 pm: Training in concentration meditation
Fri 12, Sat 13	Veneux	Preparation for open day.
Sun 14	Veneux	10 am–6 pm: Open day
Sat 20	Veneux/ At home	<i>Info: Lamrim meditation day</i> – see retreat calendar
Sat 27–Sun 28	Veneux/ At home	Weekend session with study programme (see details p. 4). The teachings are translated into English and French. Further details to come.
JULY 2026: <i>Please request Zoom connection codes the day before at the latest.</i>		
Thurs 2, 9	At home	Zoom, 7–8.00 pm: “ The little things that do us good ” with a Buddhist nun
Sun 5, 12, 19, 26	Veneux/ At home	10.30 am: Recitation of <i>The Necklace of the Fortunate</i> or <i>The Southern Lineage Six Preliminary Practices</i>
Tues 7	At home	Zoom, 7–8.00 pm: Training in concentration meditation
Sat 18	Veneux/ At home	<i>Info: Lamrim meditation day</i> – see retreat calendar
Sat 18	Info	Chökhör Düchen

The activities of the associations founded by Venerable Dagpo Rinpoche

The Congregation, Ganden Ling Institute, a Buddhist religious congregation, works in association with the Buddhist Institute of the Lamrim and the Guépèle Institute on all the activities concerning them.

*The Buddhist Institute of the Lamrim is a religious association which organizes prayers, ceremonies and Buddhist celebrations: *The Necklace of the Fortunate*, *1000 Offerings to Arya Tara*, *Purification Practices of the 35 Confession Buddhas*, *Ganden Namchö*, *Lhabab Duchen*.*

The Guépèle Institute is an association under the French law 1901 which organizes the monthly sessions of the study programme, teachings in Paris, group studies at Forum 104, rue de Vaugirard in Paris, and those in Veneux-les-Sablons.

Email: guepele@gandenling.org