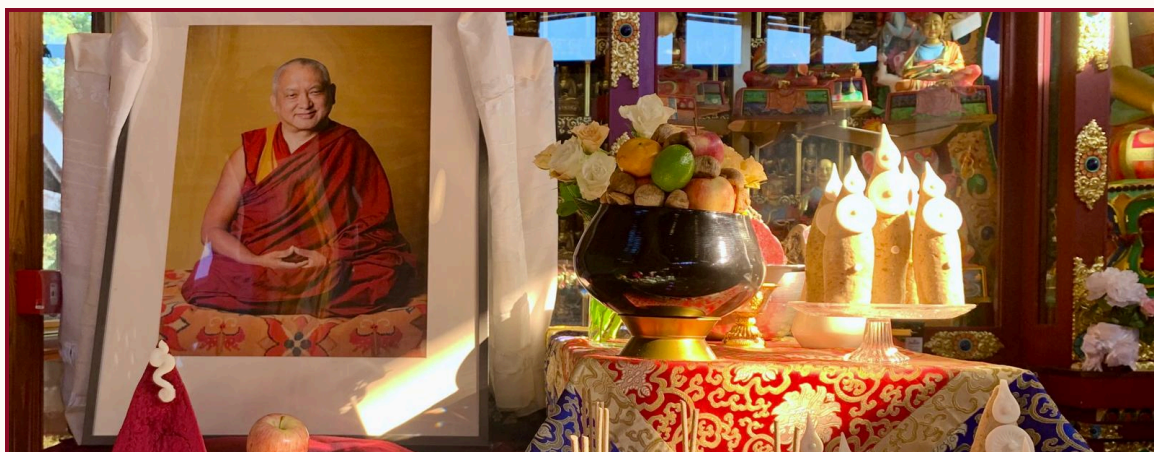




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*FEBRUARY 2026*

**NALANDA MONASTERY NEWSLETTER**



**"Only by renouncing the causes of suffering, such as attachment, and developing compassion and a correct understanding of the nature of reality can we truly liberate ourselves."**

*Lama Zopa Rinpoche*

Dear {{ contact.FIRSTNAME }},

Please find our latest news and the 2026 program!

**Tibetan New Year - Losar**

*18 February*

**Third Gelug Monlam in the West**

*28 February - 4 March 2026*

**New course on tenets by Geshe Losel**

Tuesday evenings from February 24

**Our 2026 Events**

**The FPMT Masters Program enters its third year**

**Lama Tsongkhapa and his two disciples, soon in Nalanda**

**Sharing the daily life at the Monastery**

**TIBETAN NEW YEAR - LOSAR**

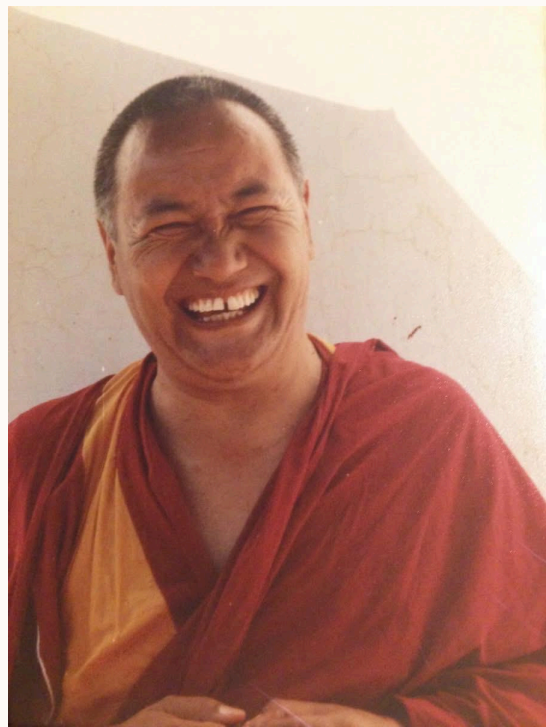
**18 February**



Join us as [Nalanda Monastery celebrates Losar](#), the Tibetan New Year of the Fire Horse, with a **special Guru Puja and vast offerings**. The puja will start at 10:00 in the main gompa, and will be followed by a special lunch. Everyone is free to come, but [registration is needed for lunch!](#)

For us, the Tibetan New Year has additional significance as it commemorates the anniversary of the parinirvana of Lama Thubten Yeshe, who co-founded FPMT with Lama Zopa Rinpoche.

Lama Yeshe's heart stopped beating just before dawn on Losar, March 3, 1984. He was forty-nine years old.



We will offer prayers for the swift return of Kyabje Lama Zopa Rinpoche, for his long and healthy life, and for the success of his vast future activities. We will also dedicate merit to the flourishing of Nalanda Monastery and all FPMT projects worldwide.

You can support the celebration by [contributing to the offerings](#).

[Register for lunch](#)

[More information](#)

## THIRD GELUG MONLAM IN THE WEST

**28 February - 4 March 2026**

Following Lama Zopa Rinpoche's holy wish to bring the Monlam to the West, in February 2024, Nalanda Monastery initiated the tradition of the Gelug Monlam Festival in the West. [Registrations are now open](#) for the third edition of this **highly meaningful event!**



Watch the film about the first Gelug Monlam in the West!

**The Monlam allows the lay and monastic communities to pray together and to realize their interdependence.** Lay people depend on monastics for prayers and merit accumulation, while monastics depend on the financial support of the lay community.

**The Fifteen Days of Miracles** - from the first day of the Tibetan new year, Losar (this year on February 18, 2026), until the fifteenth, Chotrul Duchen (this year on March 3, 2026) - commemorates the special time when Guru Shakyamuni Buddha showed miraculous powers in order to subdue six tirthikas, or non-Buddhist teachers, who lacked faith in him, and to inspire more faith in his followers. These are merit-multiplying days, when the merit of virtuous actions performed on these days is multiplied by 100 million, as cited by Lama Zopa Rinpoche from the vinaya text *Treasure of Quotations and Logic*.

If you wish to accumulate merits by participating in the travel and accommodation costs of the Sangha, including special guests as Sharpa Choeje Rinpoche Ngawang Jordan and Geshe Tsultrim, please [click here](#).



[Register now!](#)

[More information](#)

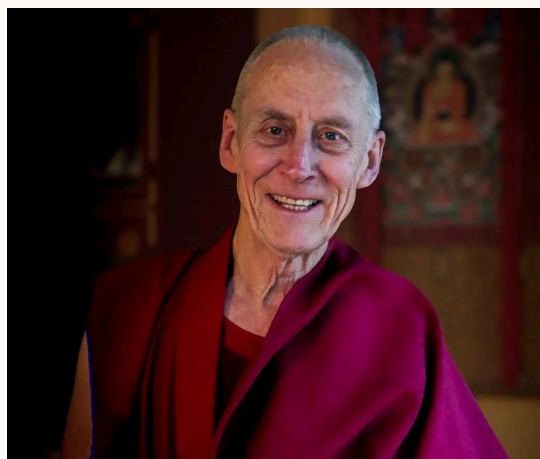
## NEW COURSE ON TENETS BY GESHE LOSEL

**Tuesday evenings - 7:00 PM UK time / 8:00 PM French time**

Nalanda Monastery, in collaboration with Lam Rim Buddhist Centre Wales, is delighted to offer an **in-depth study of the Yogācāra-Svātantrika Madhyamaka philosophical school.**

Join us every **Tuesday evening** at 7:00 PM UK time (8:00 PM French time), beginning Tuesday, 24th February 2025, for this illuminating four-month course taught by Geshe Losel (Graham Woodhouse). You can register [here](#) to follow the course online. Alternatively, you can follow it on-site at Nalanda's gampa.

This course will explore the classical Indian Buddhist philosophy through the text "Beautiful Adornment of Mount Meru, A Presentation of Classical Indian Philosophy" by Changkya Rölpai Dorje.



**Register for online course**

## OUR 2026 EVENTS

### 2026 Program

*13-14 June*

#### **His Eminence Ling Rinpoche at Nalanda**

Saturday, 13 June: White Umbrella Deity Initiation to protect sentient beings from illness, obstacles and natural disasters, and to bring auspiciousness. Sunday 14 June: Long Life Initiation of White Tara.

Registration will open at the beginning of April!

A photograph of Ling Rinpoche seated on a throne, wearing a yellow robe and a yellow conical hat. He is smiling and looking towards the camera. The background is ornate and colorful, typical of a Buddhist ceremony.

**EUROPE TOUR 2026**

|           |             |           |            |
|-----------|-------------|-----------|------------|
| Munich    | 25-26 April | Amsterdam | 30-31 May  |
| Berlin    | 2-3 May     | Pomaia    | 6-7 June   |
| Vienna    | 9-10 May    | Toulouse  | 13-14 June |
| Riga      | 16-17 May   | Paris     | 20-21 June |
| Stockholm | 23-24 May   |           |            |

*Full schedule at [LingRinpoche.info](http://LingRinpoche.info)*

Announcement by FPMT European Coordinator & Organisers



*23-28 June*

**Commentary on the Song of  
Experience of Lama Tsongkhapa**  
with Geshe Tenzin Zopa

We are very happy to welcome  
Geshe Tenzin Zopa-la and to receive  
his commentary on this short Lamrim  
written by Lama Tsongkhapa



*6 July*

**Teaching with Serkong Rinpoche**

Rinpoché will give a morning and an  
afternoon session of teachings.  
A special lunch will also celebrate His  
Holiness the Dalai Lama's birthday



*Serkong Rinpoche with our Abbot Geshe  
Jamphel and Geshe Gyaltzen near the big  
tree at Maitreya Pure Land. Rinpoche will  
probably teach under the tree on 6 July  
2026.*

*27 July to 23 August*

**FPMT Masters Program Lamrim  
Retreat**

*End of September - October*

**Jhado Rinpoche at Nalanda**

(dates and program to be confirmed)



## **Dr Lobsang Teaching schedule**

### **A special opportunity!**

Prof. Dr. Lobsang will offer **four weekends** of profound and highly beneficial teachings based on **Traditional Tibetan Medicine**, a unique, centuries-old practice. These teachings will take place **in the main gompa and online**.

These teachings will help participants recognise the reasons for failure and investigate the fundamental causes of mental and emotional imbalances. Such imbalances cause widespread psychological and physical suffering, including anxiety, nervousness, a lack of inner peace, worry, fear, panic, impatience, aggression, sadness, depression, memory loss and Alzheimer's disease, as well as physical problems such as hypertension, tachycardia, heart attacks, strokes and insomnia. These disorders are commonly experienced by millions of people of all ages in today's stressful, fast-paced modern life.

The teachings will provide **precise healing solutions and practical techniques** for coping with and overcoming these challenges, enabling participants to achieve greater happiness, peace, and health. The teachings

include mental awareness training to recognise personal responsibility, natural herbal treatments, specific external therapies, Tantric healing methods, three unique purification exercises, dietary and behavioural guidance, and other practical applications.

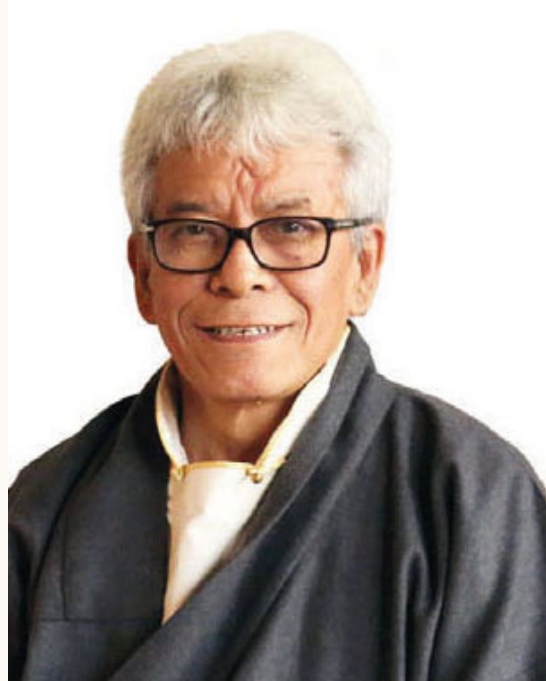
9-10 May

12-13 September

24-25 October

28-29 November

More information soon on Nalanda's  
website!



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## THE FPMT MASTERS PROGRAMS ENTERS ITS THIRD YEAR

Dear friends,

The [FPMT Masters Program](#) at Nalanda Monastery is now in its third year. Following two years of intensive study of *Ornament of Clear Realization*, the next subject, the Middle Way, has now begun.



We are delighted to welcome many new online students from around the globe, as well as some new residential students. Currently, almost 75 students are participating in the programme, more than a third of whom are Sangha members. We are deeply grateful that we are able to offer this programme, designed by Lama Yeshe himself, to such a large audience.

We would therefore like to thank everyone who makes this programme possible, including students worldwide.

Big love!

## LAMA TSONGKHAPA AND HIS TWO DISCIPLES, SOON IN NALANDA

The **beautiful statues of Lama Tsongkhapa together with his two principal disciples**, Khedrub Jey and Gyeltsab Jey, are about to be shipped, and will arrive to Nalanda soon!



SHARING THE DAILY LIFE AT THE MONASTERY



**NALANDA  
MONASTERY**

Buddhist Monastery in the Tibetan Gelukpa Tradition

**DISCOVER OR DEEPEN  
YOUR KNOWLEDGE OF  
BUDDHISM**

**HELP THE MONASTERY**

**JOIN A SPIRITUAL  
COMMUNITY**

# VOLUNTEER

*at*

# NALANDA

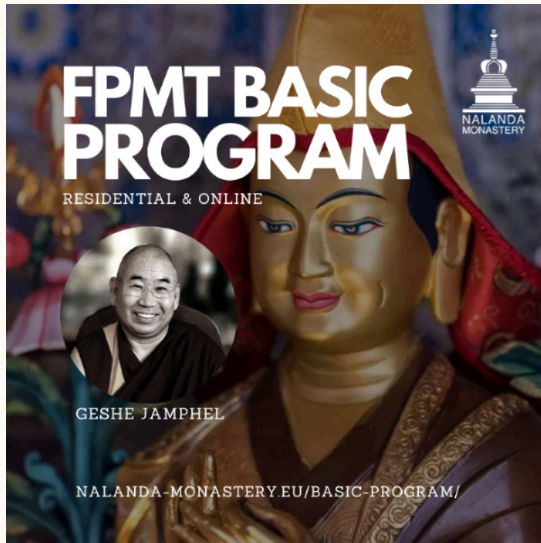
**FOR MORE  
INFORMATION**

**WRITE TO  
KYC@NALANDA-  
MONASTERY.EU**



**NALANDA MONASTERY  
36 RUE DU DR EMERY COMPAYRE  
81500, LABASTIDE-SAINT-GEORGES, FRANCE**

**STUDY PROGRAMS**



## FPMT Basic Program 2023-2028

with Geshe Jamphel

Study the precious teachings of Shakyamuni Buddha in the conducive environment of Nalanda Monastery and learn the complete and unmistakable path to inner freedom and happiness.

- ongoing
- in Tibetan with translation in English, French & Spanish
- in person and online

information and  
registration

## SUPPORT NALANDA

It's only due to your kindness and generosity that Nalanda can continue to create a place for the sangha to live according to their vows and be able to offer conducive conditions for people, ordained or not, from all over the world to study, contemplate and meditate on the precious Buddha Dharma.

DONATE



### Nalanda Monastery

36 Rue du Dr Emery Compayre, Rouzegas, 81500, Labastide St. Georges

Affiliated with the [FPMT](#)

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