



## **Foundation Project**

### **Hong Kong**

#### **Activity Report 2019**



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## 1. Description of the Object

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Buddhist Centre Hong Kong  
Flat 3, 2/F, 3-5 Jervois Street, Sheung Wan, Hong Kong

- Monthly rental: HK\$ 16,533.33

The commercial property is approx. 400 sq ft and operates as a key centre. The space includes a dedicated gumpa area for meditation and a kitchen for making tea etc.

## 2. Buddhism Foundation Diamond Way locally

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**Hong Kong** is situated in Southern China and is the only Diamond Way Buddhist Centre in China currently.

### **Responsible for the Project:**

**Anthony Hopson**  
Phone: +852 6718 9163



### 3. Routine Activities of the Buddhist Centre in Hong Kong

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**Group:** Number of members: 10

**Activities:**

***Mondays 12.30 p.m.*** Short talk followed by a meditation on the 16<sup>th</sup> Karmapa. The session is organised for people who work in the Central, Sheung Wan area.

***Wednesdays, 7.30 p.m.:***

Introductory talk followed by a meditation on the 16<sup>th</sup> Karmapa.

***Saturdays, 11:00 a.m.:***

Individual practice (NGondro) session.

### 4. Dharma Activity 2019

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During the year, we organised a weekend course with Lama Ole Nydahl. Around 200 people joined the course, from Hong Kong, Asia and around the world.

We also organised 4 weekend courses with travelling teachers.