

# APRIL 2019

FOR EVERYONE | NO PRE-REGISTRATION REQUIRED

Most of the activities listed here are suitable for everyone and do not require any previous knowledge of Buddhism.

It is necessary to speak with our Resident Teacher before attending an FP class.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 HJ 4:30 pm FP 6 pm <u>GP IN NAPANEE</u> <u>6—7:15</u>	2 HJ 5 PM <u>GP 7 pm</u> <u>“Know Your Own Mind”</u>	3 NOON MEDITATION <b>12:15-12:45</b> HJ 1 PM	4 HJ 5 pm	5 WFJT 6:30 pm	6
7 <b>GP 10 AM</b> <b>“Know Your Own Mind”</b>	8 HJ 4:30 pm FP 6 PM <u>GP IN NAPANEE</u> <u>6—7:15</u>	9 HJ 5 pm <u>GP 7 PM</u> <u>“Love Without Pain”</u>	10 NOON MEDITATION <b>12:15-12:45</b> <b><u>OSG 6 PM</u></b>	11 HJ 5 pm	12 WFJ 7 PM	13
14 <b>GP 10 AM</b> <b>“Gratitude, A Buddhist View”</b>	15 HJ 4:30 pm FP 6 pm <u>GP IN NAPANEE</u> <u>6—7:15</u>	16 HJ 5 pm <u>GP 7 PM</u> <u>“Gratitude, A Buddhist View”</u>	17 HJ 10 AM NOON MEDITATION <b>12:15-12:45</b> <b><u>POWA 5 PM</u></b>	18 HJ 5 pm	19 EASTER WEEKEND BREAK	20 EASTER WEEKEND BREAK
21 EASTER WEEKEND BREAK	22 EASTER WEEKEND BREAK	23 HJ 5 pm <u>GP 7 pm</u> <u>“Living Lightly”</u>	24 HJ 10 am NOON MEDITATION <b>12:15-12:45</b> **Highest Yoga Tantra Practice “Hundreds of Deities” 7 pm	25 <b><u>OSG 6 PM</u></b>	26 WFJ 7 pm	27
28 <b>GP 10 AM</b> <b>“Love Without Pain”</b>	29 <b><u>MD 9 AM</u></b> FP 6 PM <u>GP IN NAPANEE</u> <u>6—7:15</u>	30 HJ 5 pm <u>GP 7 PM</u> <u>“Becoming a Friend of the World”</u>				

**Legend - Chanted prayers**  
 WFJ—Wishfulfilling Jewel Prayers with meditation  
 HJ— Heart Jewel Prayers with meditation  
 WFJT - Wishfulfilling Jewel with Tsög \*  
 OSG - Offering to the Spiritual Guide \*  
 MD - Melodious Drum in Every Direction \*  
 POWA - Prayers for those who have died.\*  
 \* Food offering, everyone can bring something to contribute

**Legend - Classes**  
**GP** - General Program Drop-in Class-Provides an introduction to Buddhist view, meditation and practice that is suitable for Beginners. - \$10  
**FP** - Foundation Program - Provides an opportunity to deepen our understanding and experience of Buddhism through the study of commentaries & texts - Contact us to arrange a meeting with our teacher before coming to this class.  
 \*\*Requires Highest Yoga Tantra Empowerment



**Kuluta**  
Buddhist Centre

182 Wellington Street in Kingston REGISTERED CHARITY No. 880248216 RR 001  
 www.kuluta.org info : 613-544-1568 contact@kuluta.org