

MAY 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 NOON MEDITATION 12:15-12:45 HJ 2 PM	2 HJ 5 PM Teachings on Tantra** 6:30 PM	3 WFJ 7 PM	4
5 GP 10 AM "Living with Impermanence"	6 HJ 4:30 PM FP 6 PM GP IN NAPANEE 6-7:15	7 HJ 5 PM GP 7 PM "Living with Impermanence"	8 HJ 11 am NOON MEDITATION 12:15-12:45 Highest Yoga Tantra Practice** "Hundreds of Deities" 7 pm	9 HJ 4 PM ANNUAL MEMBERS' MEETING 6 PM	10 OSG 6 PM	11
12 GP 10 AM "The Kindness of Our Mothers"	13 HJ 4:30 pm FP 6 pm GP IN NAPANEE 6-7:15	14 HJ 5 PM GP 7 PM "Dealing with Desire"	15 NOON MEDITATION 12:15-12:45 HJ 1 PM POWA 5 pm	16 HJ 5 pm	17 WFJT 7 pm	18 VICTORIA DAY HOLIDAY WEEKEND
19 VICTORIA DAY HOLIDAY WEEKEND	20 VICTORIA DAY HOLIDAY WEEKEND GP IN NAPANEE 6-7:15	21 HJ 5 pm GP 7 pm "Peaceful Mind, Joyful Heart"	22 NOON MEDITATION 12:15-12:45 HJ 1 PM	23 HJ 5 pm	24 INTERNATIONAL SPRING FESTIVAL	25 INTERNATIONAL SPRING FESTIVAL
26 INTERNATIONAL SPRING FESTIVAL NO GP CLASS	27 INTERNATIONAL SPRING FESTIVAL HJ 4:30 GP IN NAPANEE 6-7:15	28 INTERNATIONAL SPRING FESTIVAL HJ 5 pm NO GP CLASS	29 NOON MEDITATION 12:15-12:45 WFJT 7 PM	30 HJ 5 pm	31 WFJ 7 pm	

Legend - Chanted prayers

WFJ - Wishfulfilling jewel
Prayers including quiet meditation
HJ—Heart Jewel Prayers with quiet meditation
WFJT - Wishfulfilling jewel with Tsög *
POWA— Prayers for the Deceased*
OSG - Offering to the Spiritual Guide *
MD - Melodious Drum in Every Direction *
* Food offering, everyone can bring something to contribute

Legend - Classes

GP - General Program Drop-in Class - Provides a basic 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 before attending this class

**Requires Highest Yoga Tantra Empowerment