

# June 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
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2 GP 10 am "The Power of the Mind"	3 HJ 4:30 pm FP 6 pm GP in NAPANEE 6—7:15 pm "Attaining Supreme Happiness"	4 HJ 5 pm GP 7 pm "The Power of the Mind"	5 Noon Meditation 12:15-12-45  HJ 2 PM	6  HJ 5:00pm	7 <u>CANADIAN FESTIVAL IN TORONTO</u>	8 <u>CANADIAN FESTIVAL IN TORONTO</u>
9 <u>CANADIAN FESTIVAL IN TORONTO</u>	10 <u>CANADIAN FESTIVAL IN TORONTO</u>	11 HJ 5 pm <u>CANADIAN FESTIVAL IN TORONTO</u>  No GP Class	12 Noon Meditation 12:15-12-45 HJ 1 PM  Highest Yoga Tantra Practice "Hundreds of Deities"*** 7 PM	13  HJ 5:00 pm	14  WFJT 7 pm	15
16 GP 10 AM "Choose Wisdom"	17 HJ 4:30 pm FP 6 pm GP IN NAPANEE 6—7:15 "Choose"	18 HJ 5 pm GP 7 PM "Choose Wisdom"	19  HJ 1 PM	20  HJ 5:00 PM	21  WFJT 7 pm	22
23 GP 10 am "Choose Patience"  30 CANADA DAY WEEKEND	24 OSG 6 PM GP IN NAPANEE 6—7:15 "Choose Patience"	25 HJ 5 pm  GP 7 PM "Choose Patience"	26  HJ 1 pm	27  HJ 5:00 pm	28  WFJ 7 pm	29

**Legend - Chanted prayers**  
**WFJ - Wishfulfilling jewel Prayers including quiet meditation**  
**HJ—Heart Jewel Prayers includes quiet meditation**  
**WFJT - Wishfulfilling Jewel with Tsög \***  
**OSG - Offering to the Spiritual Guide \***  
**MD - Melodious Drum in Every Direction \***

**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**  
**\*\* HYT Empowerment required.**



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