

AUGUST 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 to our Resident Teacher before attending FP class.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
INTERNATIONAL SUMMER FESTIVAL IN ENGLAND CONTINUES FOR NEXT TWO WEEKS						
4	5	6	7	8	9	10
11	12	13	14	15	16	17
	HJ 4:30 PM	HJ 5 PM GP 7 PM "Choose Gratitude"	HJ 1 PM Highest Yoga Tantra Practice "Hundreds of Deities"*** 7 pm	HJ 5:00 pm	WFJT 7 pm	
18	19	20	21	22	23	24
	HJ 4:30 PM	HJ 5 pm GP 7 pm "Choose Kindness"	HJ 1 PM POWA 5 PM	HJ 5:00 PM	WFJT 7 PM	
25	26	27	28	29	30	31
OSG 10 am	HJ 4:30 PM	HJ 5 pm GP 7 pm "Realize Your Potential"	HJ 1 pm	HJ 5:00 PM	WFJ 7 PM	

Legend - Chanted prayers

WFJ-Wishfulfilling jewel-Prayers and meditation
HJ-Heart Jewel Prayers with 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 -
** HYT Empowerment required

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Buddhist Centre

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