

JULY 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 CANADA DAY HOLIDAY GP CLASS IN NAPANEE 6—7:15 "Choose Love"	2 HJ 5 PM GP 7 PM "Choose Love"	3	4 HJ 5 pm	5 WFJT 7 pm	6
7	8 HJ 4:30 pm GP CLASS IN NAPANEE 6—7:15 "Choose Happiness"	9 HJ 5 pm GP 7 PM "Choose Happiness"	10 OSG 6 PM	11 HJ 5 pm	12 WFJ 7 PM	13
14	15 HJ 4:30 pm GP CLASS IN NAPANEE 6—7:15 "Choose Peace"	16 HJ 5 pm GP 7 PM "Choose Peace"	17 POWA 5 PM	18 HJ 5 pm	19 WFJT 7 PM	20
21	22 INTERNATIONAL SUMMER FESTIVAL IN ENGLAND FOR NEXT FOUR WEEKS	23	24	25	26	27
28	29	30	31			

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

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