

SEPTEMBER 2019

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	HJ 9-10 am Meditation Class in Napanee 6-7:15 pm	HJ 9-10 am <u>GP 7-8:15 PM</u> "Your Amazing Mind"	HJ 3-4 PM	HJ 4:30-5:30 PM	WFJT 7-8 pm	
8	9	10	11	12	13	14
<u>GP 10-11:15 AM</u> "Becoming Spiritual"	HJ 9-10 am FP 6-8:30 PM Meditation Class in Napanee 6-7:15 pm	OSG 9 am 12:15-12:45 <u>Lunchtime Meditation</u> <u>GP 7-8:15 PM</u> "A Precious Life"	HJ 3-4 PM **Highest Yoga Tantric Practice "Hundreds of Dieties" *7-8 pm	HJ 4:30-5:30 PM	WFJ 7-8 PM	
15	16	17	18	19	20	21
<u>GP 10-11:15 AM</u> "A Precious Life" <u>Cherish Your Centre</u> <u>Work Day 1:30-3:30</u>	HJ 9-10 am FP 6-8:30 PM	HJ 9-10 am 12:15-12:45 <u>Lunchtime Meditation</u> <u>GP 7-8:15 PM</u> "Living With Impermanence"	HJ 3 PM <u>Powa 5- 6 pm</u>	HJ 4:30-5:30 PM	WFJT 7-8 pm	
22	23	24	25	26	27	28
<u>GP 10-11:15 AM</u> "Living With Impermanence"	HJ 9-10 am FP 6-8:30 PM	HJ 9-10 am 12:15-12:45 <u>Lunchtime Meditation</u> <u>GP 7-8:15 PM</u> "Becoming Peaceful"	<u>FALL FESTIVAL</u>	<u>FALL FESTIVAL</u>	<u>FALL FESTIVAL</u>	<u>FALL FESTIVAL</u>
29	30					
<u>FALL FESTIVAL</u>	<u>FALL FESTIVAL</u>					

Legend - Chanted prayers

WFJ - Wishfulfilling jewel
Prayers including quiet meditation (1 hour)
HJ—Heart Jewel Prayers including quiet meditation (1 hour)
WFJT - Wishfulfilling jewel with Tsög *(1 hour)
OSG - Offering to the Spiritual Guide *(2 hours)
MD - Melodious Drum in Every Direction *(4 hours)

Legend - Classes

GP- General Program Drop-in Class - Provides a basic introduction to Buddhist view, meditation and practice that is suitable for Beginners. - \$10 or 5 classes for \$40.
FP - Foundation Program - Provides an opportunity to deepen our understanding and experience of Buddhism through the study of commentaries & texts - Contact us and speak with the teacher before attending.
*HYT- Highest Yoga Tantra Empowerment required.

