

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.

# NOVEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 WFJ 7-8 pm	2
3 GP 10-11:15 am "Letting Go of Anger"	4 HJ 9-10 am FP 6-8:30 PM Meditation Class in Napanee 6-7:15	5 HJ 9-10 am Noon Meditation 12:15-12:45 GP 7 pm "Letting Go of Anger"	6 HJ 12 noon-1 pm	7 HJ 4:30-5:30 pm	8 Ontario Dharma Celebration in Toronto	9 Ontario Dharma Celebration in Toronto
10 Ontario Dharma Celebration in Toronto	11 HJ 9-10 am FP 6-8:30 PM No Class in Napanee on Remembrance Day	12 HJ 9-10 am Noon Meditation 12:15-12:45 GP 7 pm "What Pushes Our Buttons?"	13 HJ 10:30-11:30 am Highest Yoga Tantra Practice** "Hundreds of Deities" 7-8 PM	14 HJ 4:30-5:30 PM	15 WFJT 7-8 pm	16
17 GP 10-11:15 AM "What Pushes Our Buttons"	18 HJ 9-10 am FP 6-8:30 PM Meditation Class In Napanee 6-7:15 pm	19 HJ 9-10 am Noon Meditation 12:15-12:45 GP 7 PM "The Patient Mind"	20 HJ 10:30-11:30 am POWA 5-6 pm	21 HJ 4:30-5:30 PM	22 Empowerment Preparation Day	23 White Tara Empowerment 10 am \$60.
24 GP 10-11:15 AM "Learning Not to Retaliate"	25 OSG 10-12 am FP 6-8:30 pm Meditation Class In Napanee 6-7:15 pm	26 HJ 9-10 am Noon Meditation 12:15-12:45 GP 7 pm "Learning Not to Retaliate"	27 HJ 10:30-11:30 am	28 HJ 4:30-5:30 pm	29 MD 1-5 pm	30

<p><b>Legend - Chanted prayers</b>                  WFJ - Wishfulfilling jewel                  Prayers including quiet meditation                  HJ - Heart Jewel Prayers including quiet meditation                  WFJT - Wishfulfilling jewel with Tsog**                  OSG - Offering to the spiritual guide *                  MD - Melodious drum in every direction *                  * Food offering, everyone can bring something to contribute</p>	<p><b>Legend - Classes</b>                  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 &amp; texts - Contact us                  **requires HYT Empowerment</p>
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**Kuluta**  
Buddhist Centre

182 Wellington Street in Kingston

[www.meditateinkingston.org](http://www.meditateinkingston.org)

[www.kuluta.org](http://www.kuluta.org)  
[contact@kuluta.org](mailto:contact@kuluta.org)

info : 613-544-1568

**Reg Charity Number 880248216 RR0001**