

JANUARY 2020

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 FP

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 <u>Lamrim Retreat</u> 9 am, 11 am, 1:30 pm 3 pm
5 <u>Lamrim Retreat</u> 9 am, 11 am, 1:30 pm	6 HJ 9-10 AM	7 HJ 9-10 AM	8 HJ 10:30-11:30 am	9 HJ 4:30-5:30 PM	10 <u>OSG</u> <u>2- 4 pm</u>	11 <u>**HYT Retreat</u> "Oral Instructions of Mahamudra" 9 am, 11 am, 1:30 pm, 3 pm
12 <u>**HYT Retreat</u> "Oral Instructions of Mahamudra" 9 am, 11 am, 1:30 pm	13 HJ 9-10 am	14 HJ 9-10 am <u>GP 7-8:15 pm</u> <u>"Choose Happiness"</u>	15 HJ 10:30-11:30 am <u>POWA 5 pm</u>	16 HJ 4:30-5:30 pm	17 WFJT 7-8 pm	18
19 <u>GP</u> 10-11:15AM	20 HJ 9-10 am <u>FP 6:00-8:30 pm</u>	21 HJ 9-10 am Free MEDITATION 12:15-12:45 <u>GP 7-8:15 pm</u> <u>"Choose Inner Peace"</u>	22 HJ 10:30-11:30 am	23 HJ 4:30-5:30 pm	24 WFJ 7-8 pm	25 <u>OSG</u> <u>2-4 pm</u>
26 <u>GP</u> 10-11:15AM	27 HJ 9-10 am <u>FP 6:00-8:30 pm</u>	28 HJ 9-10 am Free MEDITATION 12:15-12:45 <u>GP 7-8:15 pm</u> <u>"Letting Go of Anxiety"</u>	29 MD 1-5 pm	30 HJ 4:30-5:30 pm	31 WFJ 7-8 pm	

Legend - Chanted prayers

WFJ - Wishfulfilling jewel
Prayers including quiet meditation
HJ—Heart Jewel Prayers with quiet meditation
WFJT - Wishfulfilling jewel with Tsög *
POWA— Prayers for the Deceased*
OSG - Offering to the Spiritual Guide *
MD - Melodious Drum in Every Direction *
* Food offering, everyone can bring something to contribute

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 before attending this class

**Requires Highest Yoga Tantra Empowerment



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