

# February 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 an FP class.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 GP 10-11:15 AM "Letting Go of Winter Blues"	3 HJ 9-10 am FP 6-8:30 PM  <u>GP in NAPANEE</u> 6-7:15 pm	4 HJ 9-10 am <u>Free Noon Meditation</u> 12:15-12:45 GP 7-8:15 PM "Letting Go of Winter Blues"	5 HJ 12 noon	6 HJ 4:30-5:30 pm	7 WFJT 7-8 PM	8
9 GP 10-11:15 AM "Love, Desire and Attachment"	10 OSG 10 am- 12 noon FP 6-8:30 PM <u>GP in Napanee</u> 6-7:15	11 HJ 9-10 am <u>Free Noon Meditation</u> 12:15-12:45 GP 7-8:15 PM "Love, Desire and Attachment"	12 HJ 10:30-11:30 am	13 HJ 4:30-5:30 pm	14 WFJ 7-8 pm	15 Film of "The Life of Buddha" 2-3 pm
16 GP 10-11:15 AM "Living in Kindness"	17 HJ 9-10 am FP 6-8:30 PM <u>GP IN NAPANEE</u> 6-7:15	18 HJ 9-10 am <u>Free Noon Meditation</u> 12:15-12:45 GP 7-8:15 PM "Living in	19 HJ 10:30-11:30 am <u>POWA 5 PM</u>	20 HJ 4:30-5:30 pm	21 WFJT 7-8 pm	22
23 GP 10-11:15 AM "The Root of Suffering"	24 HJ 9-10 am FP 6-8:30 pm <u>GP IN NAPANEE</u> 6-7:15	25 HJ 9-10 am <u>Free Noon Meditation</u> 12:15-12:45 GP 7-8:15 PM "The Root of Suffering"	26 OSG 2 pm-4 pm	27 HJ 4:30-5:30 pm	28 WFJ 7-8 pm	29 Melodious Drum 1 pm-5 pm

### Legend - Chanted prayers

**WFJ - Wishfulfilling jewel Prayers including quiet meditation**  
**HJ—Heart Jewel Prayers includes quiet meditation**  
**WFJT - Wishfulfilling Jewel with Tsög \***  
**OSG - Offering to the Spiritual Guide \***  
**MD - Melodious Drum in Every Direction \***  
**POWA—Prayers for the Dying and Deceased\***  
**\*food offering can be brought if you wish.**

### 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**  
**\*\* HYT Empowerment required.**



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