

MARCH 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 GP 10-11:15 AM "Minds That Heal"	2 HJ 9-10 am FP 6-8:30 PM (no class in Napanee)	3 HJ 9-10 am <u>Free Meditation</u> 12:15-12:45 GP 7-8:15 PM "Minds That Heal"	4 HJ 12—1 PM	5 HJ 4:30-5:30 pm	6 WFJT 7-8 PM	7
8 GP 10-11:15 AM "Things We Should Know"	9 HJ 9-10 AM FP 6-8:30 PM (no class in Napanee)	10 HJ 9-10 AM <u>Free Meditation</u> 12:15-12:45 pm GP 7-8:15 PM "Things We Should Know"	11 OSG 2-4 pm	12 HJ 4:30-5:30 PM	13 WFJ 7-8 PM	14
15 GP 10-11:15 AM "Making a Difference"	16 HJ 9-10 AM FP 6-8:30 PM <u>GP in Napanee</u> 6- 7:15 pm	17 HJ 9-10 am <u>Free Meditation</u> 12:15-12:45 pm GP 7-8:15 PM "Making a Difference"	18 HJ 10:30-11:30 AM POWA 5-6 pm	19 HJ 4:30-5:30 PM	20 WFJT 7-8 pm	21
22 GP 10-11:15 AM "Towards a Pure Life"	23 HJ 9-10 AM FP 6-8:30 PM <u>GP in Napanee</u> 6- 7:15 pm	24 HJ 9-10 am <u>Free Meditation</u> 12:15-12:45 pm GP 7-8:15 PM "Towards a Pure Life"	25 OSG 2- 4 pm	26 HJ 4:30-5:30 PM	27 WFJ 7-8 pm	28
29 GP 10-11:15 AM "Finding Your Peace" WFJT 2-3 PM	30 HJ 9-10 AM FP 6-8:30 PM <u>GP in Napanee</u> 6- 7:15 pm	31 HJ 9-10 am <u>Free Meditation</u> 12:15-12:45 GP 7- 8:15 PM "Finding Your Peace"				

Legend - Chanted prayers

WFJ - Wishfulfilling jewel
Prayers including quiet meditation
HJ—Heart Jewel Prayers including 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, all 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 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.



Kuluta
Buddhist Centre

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