

September 2017

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
			August 30	31	1	2
			WFJT 6 PM		WFJ 6;30 PM	
3	4	5	6	7	8	9
	HJ 4:30 pm	Noon Meditation 12:15-12:45 HJ 5 pm GP 7 pm <u>"Connecting to Others through Gratitude"</u>	HJ 10 AM	HJ 4:30 pm	WFJT 6:30 PM	
3						
10	11	12	13	14	15	16
Highlights from Summer Festival GP 10 AM "Who is Buddha?" OSG 2 PM	HJ 4:30 pm <u>NAPANEE</u> <u>GP CLASS</u> <u>7-8:30 PM</u>	Noon Meditation 12:15-12:45 HJ 5 pm GP 7 pm <u>"The Inner Science of Peace"</u>	HJ 10 AM	HJ 4:30 pm FP 6 PM	WFJ 6:30 PM	WORKSHOP 10-12:30 PM "A Simple Daily Practice for Modern People"
17	18	19	20	21	22	23
GP 10 AM "A Blissful Journey"	HJ 4:30 pm <u>NAPANEE</u> <u>GP CLASS</u> <u>7-8:30 PM</u> FP 6 PM	Noon Meditation 12:15-12:45 HJ 5 pm GP 7 pm <u>"Discover Your</u>	HJ 10 AM	HJ 4:30 PM FP 6 PM	WFJT 6:30 PM	
24	25	26	27	28	29	30
GP 10 AM "Progress"	OSG 6 PM <u>NAPANEE</u> <u>GP CLASS</u> <u>7-8:30 PM</u>	Noon Meditation 12:15-12:45 HJ 5 PM GP 7 PM <u>"Creating Your Perfect Life"</u>	HJ 10 AM	HJ 4:30 PM FP 6 PM	MELODIUS DRUM 9:30 AM	

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 *
* Food offering, everyone can bring something

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
Prayers for World Peace - Guided meditation, short teachings & beautiful prayers empowering yourself to change the world. -Free



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