

JANUARY 2018

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	3	4	5	6 LAMRIM RETREAT 9 AM, 11 AM, 2 PM, 4 PM
7 LAMRIM RETREAT 9 AM, 11 AM, 2 PM, 4 PM	8	9	10 OSG 6 PM	11	12 RETREAT The Oral Instructions of Mahamudra INTRODUCTION 6:30 pm	13 The Oral Instructions of Mahamudra 9 AM, 11 AM, 2 PM, 4 PM
14 The Oral Instructions of Mahamudra 9 AM, 11 AM, 2 PM, 4 PM	15 HJ 4:30 pm	16 HJ 5 pm GP 7 PM "Finding Stillness Within"	17 HJ 10 am	18 HJ 4:30 pm	19 WFJT 6:30 pm	20
21 GP 10 AM "Understanding the Mind"	22 HJ 4:30 pm	23 HJ 5 pm GP 7 PM "Our Precious Life"	24 HJ 10 am	25 OSG 6 PM	26 WFJ 6:30 pm	27
28 GP 10 AM "The Limitless Mind"	29 MD 9 AM	30 HJ 5 pm GP 7 PM "Considering Our Mortality"	31 HJ 10 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 *

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 & beau-



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