

# FEBRUARY 2018

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 HJ 4:30 pm FP 6:00 PM	2 WFJ 6:30 pm	3
4 GP 10 AM "Inner Peace"	5 <u>Noon Meditation</u> <u>12:15-12:45</u> HJ 4:30 PM FP 6:00 PM	6 HJ 5 pm <u>GP 7 pm</u> "Transforming Desire"	7 HJ 1 PM	8 HJ 4:30 PM FP 6:00 PM	9 WFJ 6:30 pm	10 <u>OSG</u> <u>10 AM</u>
11 GP 10 AM "The Happiness Factor"	12 <u>Noon Meditation</u> <u>12:15-12:45</u> HJ 4:30 PM FP 6:00 PM	13 HJ 5 PM <u>GP 7 PM</u> "Dealing with Loss and Change"	14 HJ 1 PM	15 HJ 4:30 pm FP 6:00 pm	16 WFJT 6:30 pm	17
18 GP 10 AM "Appreciating Others"	19 <u>FAMILY DAY</u> HJ 4:30 PM FP 6:00 PM	20 HJ 5 pm <u>GP 7 pm</u> "The Art of Acceptance"	21 HJ 1 PM	22 HJ 4:30 PM FP 6:00 PM	23 WFJ 6:30 PM	24 <u>OSG</u> <u>10 AM</u>
25 GP 10 AM "The Art of Con- tentment"	26 <u>Noon Meditation</u> <u>12:15-12:45</u> HJ 4:30 PM FP 6:00 PM	27 HJ 5 pm <u>GP 7 pm</u> "The Loving Heart"	28 <u>MD</u> <u>9 AM</u>			

**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



**Kuluta**  
Buddhist Centre

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