

MARCH 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 HJ 4:30 PM FP 6:00 PM	2 WFJ 6:30 pm	3
4 GP 10 AM "The Problem of Anger"	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> "Understanding the Mind"	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 "Why We Get Angry"	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> "Unlimited Potential"	14 HJ 1 PM	15 HJ 4:30 pm FP 6:00 pm	16 WFJT 6:30 pm	17 <u>Workshop</u> <u>"Make a Mala"</u> 1:30 pm \$25. (includes all materials)
18 GP 10 AM "Learning Not To Retaliate"	19 Noon Meditation HJ 4:30 PM FP 6:00 PM	20 HJ 5 pm <u>GP 7 pm</u> "Our Mind, Our World"	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 "Choosing Happiness"	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> "Happiness From a Different Source"	28 <u>MD</u> <u>9 AM</u>	29 HJ 4:30 PM	30 ONTARIO DHARMA CELEBRATION TORONTO	31 ONTARIO DHARMA CELEBRATION TORONTO

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 - drum in every direction *

* Food offering, everyone can bring something to contribute Melodious

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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