

APRIL 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 ONTARIO DHARMA CELEBRATION TORONTO	2 EASTER MONDAY	3 <u>HJ 5 PM</u> <u>GP 7 PM</u> <u>"The Inner Poison of Anger"</u>	4 HJ 1 PM	5 HJ 4:30 PM FP 6 PM	6 WFJT 6:30 pm	7
8 GP 10 AM "Transforming Desire"	9 Noon Meditation 12:15-12:45 HJ 4:30 PM FP 6 PM	10 OSG 10 AM <u>GP 7 PM</u> <u>"Why Do I Get Angry?"</u>	11 HJ 1 PM	12 HJ 4:30 PM FP 6 PM	13 WFJ 6:30 PM	14 Learn to Meditate 10 am—12:30 \$20.
15 GP 10 AM "Dealing with Loss and Change"	16 Noon Meditation 12:15-12:45 HJ 4:30 PM FP 6 PM	17 HJ 5 pm <u>GP 7 PM</u> <u>"The Patient Heart"</u>	18 HJ 1 PM	19 HJ 4:30 PM FP 6 PM	20 WFJT 6:30 pm	21
22 GP 10 AM "Open Your Heart"	23 Noon Meditation 12:15-12:45 HJ 4:30 PM FP 6 PM	24 HJ 5 pm <u>GP 7 PM</u> <u>"Choosing Happiness"</u>	25 OSG 10 AM	26 HJ 4:30 PM FP 6 PM	27 WFJ 6:30 pm	28 MD 9 AM
29 GP 10 AM "Cultivating Contentment"	30 Noon Meditation 12:15-12:45 HJ 4:30 PM FP 6 PM					

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-

