

FOR EVERYONE | NO PRE-REGISTRATION REQUIRED

JUNE 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 WFJ 6:30 pm	2
3 GP 10 am "Choose Wisdom"	4 Noon Meditation 12:15-12:45 HJ 4:30 pm FP 6 pm	5 HJ 5 pm <u>GP 7 pm</u> "Choose Wisdom"	6 HJ 2 PM	7 HJ 4:30 pm	8 CANADIAN FESTIVAL IN TORONTO	9 CANADIAN FESTIVAL IN TORONTO
10 CANADIAN FESTIVAL IN TORONTO <u>No GP Class</u>	11 CANADIAN FESTIVAL IN TORONTO	12 CANADIAN FESTIVAL IN TORONTO <u>No GP Class</u>	13 HJ 1 PM	14 HJ 4:30 pm FP 6:00 pm	15 WFJ 6:30 pm	16 "The Preciousness Of Tantra" 10 am- 1 pm \$20
17 GP 10 AM "Choose Love"	18 Noon Meditation 12:15-12:45 HJ 4:30 pm FP 6 pm	19 HJ 5 pm <u>GP 7 PM</u> "Choose Love"	20 HJ 1 PM	21 HJ 4:30 PM FP 6 PM	22 WFJT 6:30 PM	23
24 GP 10 AM "Choose Patience"	25 <u>OSG 9 AM</u> Noon Meditation 12:15-12:45 FP 6 PM	26 HJ 5 pm <u>GP 7 pm</u> "Choose Patience"	27 HJ 1 PM	28 HJ 4:30 PM	29 WFJT 6:30 PM (to replace MD)	30

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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