

August 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
			SUMMER	FESTIVAL	IN	ENGLAND
5	6	7	8	9	10	11
SUMMER	FESTIVAL	IN	ENGLAND			
12	13	14	15	16	17	18
	HJ 4:30 PM	HJ 5 PM GP 7 PM <u>"The Art of Meditation"</u>	HJ 1 PM	HJ 4:30 pm	WFJT 6:30 pm	
19	20	21	22	23	24	25
	HJ 4:30 PM	HJ 5 pm GP 7 pm <u>"All You Need Is Love"</u>	HJ 1 PM	HJ 4:30 pm	WFJ 6:30 pm	<u>OSG</u> <u>10 AM</u>
26	27	28	29	30	31	
	HJ 4:30 PM	HJ 5 pm GP 7 pm <u>"The Art of Mindfulness"</u>	<u>MD</u> <u>9 AM</u>	HJ 4:30 pm	WFJ 6:30 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 *

* 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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