

September 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 LABOUR DAY WEEKEND
2 LABOUR DAY WEEKEND	3 LABOUR DAY HOLIDAY	4 Noon Meditation 12:15-12:45 HJ 5 pm GP 7 pm "Finding Peace in a Chaotic World" 4 Class Series	5 HJ 2 PM	6 HJ 4:30 pm FP 6 pm	7 WFJT 6:30 pm	8
9 GP 10 am "Meditations for a Peaceful Life" 4 Class Series	10 OSG 10 am HJ 4:30 pm FP 6 pm	11 Noon Meditation 12:15-12:45 HJ 5 pm GP 7 pm Class #2 of Series	12 HJ 1 PM HYT Practice "Hundreds of Deities" 7 pm	13 HJ 4:30 pm FP 6:00 pm	14 WFJ 6:30 pm	15
16 GP 10 am Class #2 Of Series	17 HJ 4:30 pm FP 6 pm	18 Noon Meditation 12:15-12:45 HJ 5 pm GP 7 PM Class #3 of Series	19 HJ 1 pm	20 HJ 4:30 pm FP 6 pm	21 WFJT 6:30 pm	22
23 GP 10 AM Class #3 of Series 30 GP 10 AM Class#4 of Series	24 HJ 4:30 pm FP 6 pm	25 OSG- 9:30 am Noon Meditation 12:15-12:45 GP 7 PM Class #4 of Series	26 HJ 1 pm	27 HJ 4:30 pm FP 6 pm	28 WFJ 6:30 pm	29 MD 9 am

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 to contribute

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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