

# October 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 pm	2 MEDITATION 12:15-12:45 HJ 5 pm <u>GP 7 pm</u> "Meditations for a Pure Life" 5 Class Series	3 HJ 2 PM	4 HJ 4:30 pm FP 6 pm	5 WFJT 6:30 pm	6
7 GP 10 AM "Meditations To Free Your Mind" 4 Class Series	8 HJ 4:30 pm FP 6 PM	9 MEDITATION 12:15-12:45 HJ 5 pm <u>GP 7 PM</u> Class #2 of Series	10 <u>OSG</u> <u>10 AM</u>	11 HJ 4:30 pm FP 6 PM	12 WFJ 6:30 pm	13 Workshop 1-3 pm (\$20) "Meditation: The Essence of Mindfulness"
14 GP 10 AM Class #2 of Series	15 HJ 4:30 pm FP 6 pm	16 MEDITATION 12:15-12:45 HJ 5 pm <u>GP 7 PM</u> Class #3 of Series	17 HJ 1 PM	18 HJ 4:30 pm FP 6 PM	19 WFJT 7:00 pm	20 Workshop 1-3 pm (\$20) "Inner Wealth: The Power of Prayer"
21 GP 10 AM Class #3 of Series	22 HJ 4:30 pm FP 6 PM	23 MEDITATION 12:15-12:45 HJ 5 pm <u>GP 7 pm</u> Class #4 of Series	24 HJ 1 PM *Highest Yoga Tantra Practice "Hundreds of Deities" 7 PM	25 <u>OSG</u> <u>6 PM</u> (in place of FP)	26 WFJT 7:00pm	27
28 GP 10 AM Class #4 of Series	29 MD 9 am FP 6 PM	30 MEDITATION 12:15-12:45 HJ 5 pm <u>GP 7 PM</u> Class # 5 of Series	31 HJ 1 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  
\*HYT Empowerment required



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