

November 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 to our Resident Teacher before attending FP class.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Public Talk at City Hall - 7 PM "Letting Go of Anxiety" Gen La Khyenrab Canadian National Spiritual Director	2 WFJT 7 pm	3
4 GP 10 AM "Letting Go of Painful Minds"	5 HJ 4:30 PM FP 6:00 PM	6 <u>Noon Meditation</u> <u>12:15-12:45</u> HJ 5 pm <u>GP 7 pm</u> <u>"Letting Go of Painful Minds"</u>	7 HJ 2 PM	8 HJ 4:30 PM FP 6:00 PM	9 <u>ONTARIO DHARMA CELEBRATION IN TORONTO</u>	10 <u>ONTARIO DHARMA CELEBRATION IN TORONTO</u>
11 <u>ONTARIO DHARMA CELEBRATION IN TORONTO</u>	12 HJ 4:30 PM FP 6:00 PM	13 <u>Noon Meditation</u> <u>12:15-12:45</u> HJ 5 PM <u>GP 7 PM</u> <u>"Letting Go of Stress and Worry"</u>	14 HJ 1 PM Highest Yoga Tantra Practice "Hundreds of Deities"*** 7 pm	15 HJ 4:30 pm FP 6:00 pm	16 WFJT 7 pm	17
18 GP 10 AM "Letting Go of Stress and Worry"	19 HJ 4:30 PM	20 <u>Noon Meditation</u> <u>12:15-12:45</u> HJ 5 pm <u>GP 7 pm</u> <u>"Letting Go of Anger"</u>	21 HJ 1 PM	22 HJ 4:30 PM	23 EMPOWERMENT PREPARATION DAY	24 <u>MEDICINE BUDDHA EMPOWERMENT</u> <u>10 am-Empowerment</u> <u>2-3:30 pm- Teaching</u> <u>4 pm- Retreat Session</u> <u>\$20.</u>
25 GP 10 AM "Letting Go of Anger" <u>OSG - 2 PM</u>	26 HJ 4:30 PM FP 6:00 PM	27 <u>Noon Meditation</u> <u>12:15-12:45</u> HJ 5 pm <u>GP 7 pm</u> <u>"Letting Go of Loneliness"</u>	28 <u>MD</u> <u>9 AM</u>	29 HJ 4:30 PM FP 6 PM	30 WFJ 7 PM	

Legend - Chanted prayers

WFJ-Wishfulfilling jewel-Prayers and meditation
HJ-Heart Jewel Prayers with quiet meditation
WFJT - Wishfulfilling jewel with Tsög *
OSG - Offering to the spiritual guide *
MD - Melodious drum in every direction *
* Food offering-you may bring something to contribute



Kuluta
Buddhist Centre

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 -
** HYT Empowerment required

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