

December 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 Vajrasattva Retreat 9 am, 11 am, 2 pm, 4 pm.
2 GP 10 am "Living Lightly"	3 HJ 4:30 pm FP 6 pm	4 Noon Meditation 12:15-12-45 HJ 5 pm <u>GP 7 pm</u> "Living Lightly"	5 HJ 2 PM	6 HJ 4:30 pm	7 WFJT 7 pm	8
9 GP 10 am "Meaningful Giving"	10 OSG 6 PM (in place of FP)	11 Noon Meditation 12:15-12-45 HJ 5 pm <u>GP 7 pm</u> "Meaningful Giving"	12 HJ 1 PM Highest Yoga Tantra Practice "Hundreds of Deities"*** 7 PM	13 HJ 4:30 pm FP 6:00 pm	14 WFJ 7 pm	15 "Surviving the Holiday Season" 10 am—1 pm \$20.
16 GP 10 AM "The Gift Of Love"	17 HJ 4:30 pm FP 6 pm	18 Noon Meditation 12:15-12-45 HJ 5 pm <u>GP 7 PM</u> "The Gift of Love"	19 HJ 1 PM	20 HJ 4:30 PM FP 6 PM	21 HAPPY HOLIDAYS	22 HAPPY HOLIDAYS
23 HAPPY HOLIDAYS	24 HAPPY HOLIDAYS	25 OSG 10 AM	26 HAPPY HOLIDAYS	27 HAPPY HOLIDAYS	28 HAPPY HOLIDAYS	29 HAPPY HOLIDAYS
30 HAPPY HOLIDAYS	31 HAPPY HOLIDAYS					

Legend - Chanted prayers

WFJ - Wishfulfilling jewel

Prayers including quiet meditation

HJ-Heart Jewel Prayers includes 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

Xcommentaries & texts - Contact us

** HYT Empowerment required.



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