

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.

JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 WFJT 7 pm	5 LAMRIM RETREAT 9 AM, 11 AM, 2 PM, 4 PM.
6 LAMRIM RETREAT 9 AM, 11 AM, 2 PM, 4 PM.	7	8 HJ 5 pm	9	10 OSG 6 pm	11 RETREAT INTRODUCTION <i>"The Blissful Path"</i> 6:30 PM	12 ** HIGHEST YOGA TANTRA RETREAT <i>"The Blissful Path"</i> 9 AM, 11 AM, 2 PM, 4 PM.
13 ** HIGHEST YOGA TANTRA RETREAT <i>"The Blissful Path"</i> 9 AM, 11 AM, 2 PM, 4 PM.	14 HJ 4:30 pm	15 HJ 5 pm <u>GP 7 PM</u> <u>RESOLUTIONS</u> <u>"Choose Happiness"</u>	16 HJ 1 pm	17 HJ 4:30 pm	18 WFJT 7 pm	19
20	21 HJ 4:30 PM	22 HJ 5 pm <u>GP 7 PM</u> <u>"Choose Inner Peace"</u>	23 HJ 1 pm	24 HJ 4:30 PM	25 OSG 7 PM	26
27	28 HJ 4:30 PM	29 HJ 5 pm <u>GP 7 PM</u> <u>"Letting Go of Depression and Discouragement"</u>	30 MD 9 am	31 HJ 4:30 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 OUR RESIDENT TEACHER.
** Requires Highest Yoga Tantra Empowerment



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