

FEBRUARY 2019

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 WFJ 7 pm	2
3 GP 10 am "The Truth About Anger"	4 HJ 4:30 pm FP 6 PM	5 HJ 5 pm GP 7 pm "The Truth About Anger"	6 Noon Meditation 12:15-12:45 HJ 2 PM	7 HJ 4:30 pm FP 6 PM	8 WFJ 7 pm	9 OSG 10 AM
10 GP 10 AM "Love, Desire and Attachment"	11 HJ 4:30 pm FP 6 PM	12 HJ 5 pm GP 7 pm "Love, Desire and Attachment"	13 Noon Meditation 12:15-12:45 HJ 1 PM Highest Yoga Tantra Practice** "Hundreds of Deities" 7 PM	14 HJ 4:30 pm FP 6 PM	15 WFJT 7 pm	16
17 GP 10 AM "Freedom from Painful Minds"	18 HJ 4:30 pm FP 6 PM	19 HJ 5 pm GP 7 PM "Freedom from Painful Minds"	20 Noon Meditation 12:15-12:45 HJ 1 PM	21 HJ 4:30 PM FP 6 PM	22 WFJT 7 PM	23
24 GP 10 AM "Learning Patient Acceptance"	25 OSG 6 PM FP STUDY WEEK	26 HJ 5 pm GP 7 pm "Learning Patient Acceptance"	27 Noon Meditation 12:15-12:45 HJ 1 PM	28 MD 9 am FP EXAM 6 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 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
**requires HYT Empowerment



Kuluta
Buddhist Centre

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