

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.

# MARCH 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>MD 1 PM</b>	<u>URBAN DAY 2</u> <u>RETREAT</u> 10 AM—4 PM \$40 FOR THE DAY
3 GP 10 am "Our Unlimited Potential"	4 HJ 4:30 pm  FP 6 PM	5 HJ 5 pm  <u>GP 7 pm</u> <u>"It's Your Life"</u>	6 Noon Meditation <b>12:15-12:45</b>  HJ 2 PM	7 HJ 4:30 pm	8 WFJT 7 pm	9
10 GP 10 AM "It's Your Life"  <u>OSG 2 PM</u>	11 HJ 4:30 pm  FP 6 PM	12 HJ 5 pm  <u>GP 7 pm</u> <u>"What Does Our Death Mean?"</u>	13 Noon Meditation <b>12:15-12:45</b> HJ 1 PM Highest Yoga Tantra Practice** "Hundreds of Deities" <b>7 PM</b>	14 HJ 4:30 pm	15 WFJ 7 pm	16 Mala Making Workshop <b>1:30-3:30 PM</b> \$25 / includes materials
17 GP 10 AM "What Does Our Death Mean?"	18 HJ 4:30 pm  FP 6 PM	19 HJ 5 pm <u>GP 7 PM</u> <u>"Protecting Our Mind"</u>	20 Noon Meditation <b>12:15-12:45</b>  HJ 1 PM	21 HJ 4:30 PM  <u>**Teachings on Tantra</u> 6:30-8:00	22 WFJT 7 PM	23
24 GP 10 AM "Protecting Our Mind"  ----- 31 GP 10 AM "What is Karma?"	25 <u>OSG 10 AM</u>  FP 6 PM	26 HJ 5 pm <u>GP 7 pm</u> <u>"What is Karma?"</u>	27 Noon Meditation <b>12:15-12:45</b>  HJ 1 PM	28 HJ 4:30 pm	29 <b>MD 1 PM</b>	30

**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 us  
**\*\*requires HYT Empowerment**



**Kuluta**  
Buddhist Centre

www.kuluta.org info : 613-544-1568  
**Reg Charity Number 880248216 RR0001**  
182 Wellington Street in Kingston

contact@kuluta.org