

2017

December

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 8pm - 9pm Heart Jewel	2 2.30pm - 6pm Foundation Programme	3 10am - 4pm The WORLD of TANTRA day course 4.30pm - 6pm Centre Cherishing
4 8pm - 9.30pm Walk-in Class	5 8pm - 9pm Heart Jewel	6 11am - 12pm Lamrim meditation with Heart Jewel prayers	7 8pm - 9pm Heart Jewel	8 8pm - 9pm Tara Puja	9 2.30pm - 6pm Foundation Programme 8pm - 9.30pm 禅修课 Mandarin class	10 10am - 12pm Offering to the Spiritual Guide
11 8pm - 9.30pm Walk-in Class	12 8pm - 9pm Heart Jewel	13 11am - 12pm Lamrim meditation with Heart Jewel prayers	14 8pm - 9pm Heart Jewel	15	16	17 10am - 11am Learn to Meditate 2.30pm - 3.30pm Confession Buddhas
18	19 8pm - 9pm Learn to Meditate	20 11am - 12pm Lamrim meditation with Heart Jewel prayers	21 8pm - 9pm Heart Jewel	22	23 2.30pm - 6pm Foundation Programme 8pm - 9.30pm 禅修课 Mandarin class	24
25 8pm - 10pm Offering to the Spiritual Guide	26	27 11am - 12pm Lamrim meditation with Heart Jewel prayers	28	29	30 2.30pm - 6pm Foundation Programme	31 10am - 1pm Melodious Drum 7.30pm - 4.30pm 24-hour Tara chanting