

# 2018

# February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 8pm - 9pm <b>Heart Jewel prayers</b>	2 8pm - 9pm <b>Heart Jewel prayers</b>	3 2.30pm - 6pm <b>Foundation Programme</b>	4 10am - 6pm <b>Amitayus Retreat</b>
5 8pm - 9.30pm <b>Walk-in Class</b>	6 8pm - 9pm <b>Heart Jewel prayers</b>	7 11am - 12pm <b>Lamrim meditation with Heart Jewel prayers prayers</b>	8 8pm - 9pm <b>Tara Puja</b>	9 8pm - 9pm <b>Heart Jewel prayers</b>	10 2.30pm - 4pm <b>Foundation Programme</b> 4.30pm - 6.30pm <b>Offering to the Spiritual Guide</b> 8pm - 9.30pm <b>禅修课 Mandarin class</b>	11
12 8pm - 9.30pm <b>Walk-in Class</b>	13 8pm - 9pm <b>Learn to Meditate</b>	14 11am - 12pm <b>Lamrim meditation with Heart Jewel prayers prayers</b>	15 <b>Term Break until March 3</b>	16	17	18
19	20	21	22	23	24	25 10am - 12pm <b>Offering to the Spiritual Guide</b>
26	27	28				