

2018

March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4 10am - 11.30am Learn to Meditate 3pm - 6pm Melodious Drum
5 8pm - 9.30pm Walk-in Class	6	7 11am - 12pm Lamrim meditation with Heart Jewel prayers	8	9	10 11am - 5pm Je Tsongkhapa empowerment with Offering to the Spiritual Guide	11 10am - 4.30pm Empowerment teachings: Who is Dorje Shugden?
12 8pm - 9.30pm Walk-in Class	13 8pm - 9pm Heart Jewel prayers	14 11am - 12pm Lamrim meditation with Heart Jewel prayers	15 6.30am - 7am Precepts 8pm - 9pm Powa for Deceased	16 8pm - 9pm Heart Jewel prayers	17 2.30pm - 6pm Foundation Programme 8pm - 9.30pm 禅修课 Mandarin class	18 8pm - 9pm Heart Jewel prayers
19 8pm - 9.30pm Walk-in Class	20 8pm - 9pm Learn to Meditate	21 11am - 12pm Lamrim meditation with Heart Jewel prayers	22 8pm - 9pm Heart Jewel prayers	23 8pm - 9pm Heart Jewel prayers	24 2.30pm - 6pm Foundation Programme	25 10am - 12pm Offering to the Spiritual Guide 2.30pm - 3.30pm Centre Cherishing
26 8pm - 9.30pm Walk-in Class	27 8pm - 9pm Heart Jewel prayers	28 11am - 12pm Lamrim meditation with Heart Jewel prayers	29 8pm - 10pm Wishfulfilling Jewel with Tsog	30 8pm - 9pm Heart Jewel prayers	31 2.30pm - 6pm Foundation Programme	