

2018

April

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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2 8pm - 9.30pm Walk-in Class	3 8pm - 9pm Heart Jewel prayers	4 11am - 12pm Lamrim meditation with Heart Jewel prayers	5 8pm - 9pm Heart Jewel prayers	6 8pm - 9pm Heart Jewel prayers	7 2.30pm - 6pm Foundation Programme 8pm - 9.30pm 禅修课 Mandarin class	8 10am - 11.30am Learn to Meditate 12pm - 1pm Tara Puja
9 8pm - 9.30pm Walk-in Class	10 8pm - 10pm Offering to the Spiritual Guide	11 11am - 12pm Lamrim meditation with Heart Jewel prayers	12 8pm - 9pm Heart Jewel prayers	13 8pm - 9pm Heart Jewel prayers	14 2.30pm - 6pm Foundation Programme	15 6.30am - 7.30am Precepts 6.30am - 3.30pm Nyung Ne 10am - 12pm Offering to the Spiritual Guide
16 8pm - 9.30pm Walk-in Class	17 8pm - 9pm Heart Jewel prayers	18 11am - 12pm Lamrim meditation with Heart Jewel prayers	19 8pm - 9pm Heart Jewel prayers	20 8pm - 9pm Heart Jewel prayers	21 2.30pm - 6pm Foundation Programme	22 11am - 12pm Powa for the Deceased 1pm - 3pm Centre Cherishing
23 8pm - 9.30pm Walk-in Class	24 8pm - 9pm Learn to Meditate	25 11am - 12pm Lamrim meditation with Heart Jewel prayers 8pm - 10pm Offering to the Spiritual Guide	26 8pm - 9pm Heart Jewel prayers	27 SEADC starts	28	29
30 SEADC ends						