

2018

November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 8pm - 9.15pm <b>Lamrim meditation with Heart Jewel</b>	2 11.45am - 2.30pm <b>Lunchtime Meditation</b>	3 11.30am - 12.30pm <b>Children's class</b> 8pm - 9.30pm 禅修课 <b>Mandarin class</b>	4 10am - 11.30am <b>Learn to Meditate</b> 12pm - 1pm <b>35 Confession Buddhas</b>
5 8pm - 9.30pm <b>Walk-in Class</b>	6 11.45am - 2.30pm <b>Lunchtime Meditation</b> 6pm - 9.15pm <b>Foundation Programme</b>	7 10.30am - 11.45am <b>Lamrim meditation with Heart Jewel</b> 8pm - 10pm <b>Quick Path to Great Bliss prayers*</b>	8 8pm - 9pm <b>Tara Prayers</b>	9 11.45am - 2.30pm <b>Lunchtime Meditation</b>	10 11.30am - 12.30pm <b>Children's class</b> 4.30pm - 6.30pm <b>Offering to the Spiritual Guide</b>	11 10am - 4.30pm <b>Day Course Dwelling in the Celestial Mansion II</b> 5pm - 6.30pm <b>Centre Cherishing</b>
12 8pm - 9.30pm <b>Walk-in Class</b>	13 11.45am - 2.30pm <b>Lunchtime Meditation</b> 6pm - 9.15pm <b>Foundation Programme</b>	14 10.30am - 11.45am <b>Lamrim meditation with Heart Jewel</b> 8pm - 10pm <b>Quick Path to Great Bliss prayers*</b>	15 6.30am - 7.30am <b>Precepts</b> 8pm - 9.15pm <b>Lamrim meditation with Heart Jewel</b>	16 11.45am - 2.30pm <b>Lunchtime Meditation</b>	17 11.30am - 12.30pm <b>Children's class</b>	18 10am - 11.30am <b>Learn to Meditate</b>
19 8pm - 9.30pm <b>Walk-in Class</b>	20 11.45am - 2.30pm <b>Lunchtime Meditation</b> 6pm - 9.15pm <b>Foundation Programme</b>	21 10.30am - 11.45am <b>Lamrim meditation with Heart Jewel</b> 8pm - 10pm <b>Quick Path to Great Bliss prayers*</b>	22 8pm - 9pm <b>Learn to Meditate</b>	23 11.45am - 2.30pm <b>Lunchtime Meditation</b>	24 11.30am - 12.30pm <b>Children's class</b>	25 10am - 11.30am <b>Learn to Meditate</b> 4.30pm - 6.30pm <b>Offering to the Spiritual Guide</b>
26 8pm - 9.30pm <b>Walk-in Class</b>	27 11.45am - 2.30pm <b>Lunchtime Meditation</b> 6pm - 9.15pm <b>Foundation Programme</b>	28 10.30am - 11.45am <b>Lamrim meditation with Heart Jewel</b> 8pm - 10pm <b>Quick Path to Great Bliss prayers*</b>	29 8pm - 9.15pm <b>Lamrim meditation with Heart Jewel</b> 8pm - 9.30pm <b>Wishfulfilling Jewel with Tsog</b>	30 11.45am - 2.30pm <b>Lunchtime Meditation</b>	* for HYT practitioners	