

JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 New Year's Day 3.30am; 7.30am 11.30am; 3.30pm Hour Tara Chanting	2 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-10.00pm Quick Path to Great Bliss Prayers *	3 8.00pm-9.15pm Stages of the path meditations with Heart Jewel Prayers	4	5 11.30am-12.30pm Children's Class 8.00-9.30pm Mandarin Dharma Class
6	7	8 6.00pm-9.15pm Foundation Programme with Tara Prayers	9 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-10.00pm Quick Path to Great Bliss Prayers *	10 8.00pm-9.30pm Offering to the Spiritual Guide (Vajrayogini Day)	11	12 11.30am-12.30pm Children's Class 3.00pm-6.30pm Mahamudra Retreat
13	14	15 Precepts Day 6.00pm-9.15pm Foundation Programme	16 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-10.00pm Quick Path to Great Bliss Prayers *	17 8.00pm-9.15pm Stages of the path meditations with Heart Jewel Prayers	18	19 11.30am-12.30pm Children's Class 3.00pm-6.30pm Mahamudra Retreat
20	21	22 6.00pm-9.15pm Foundation Programme	23 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-10.00pm Quick Path to Great Bliss Prayers *	24 8.00pm-9.15pm Learn to Meditate	25 8.00pm-9.30pm Offering to the Spiritual Guide (Heruka Day)	26 11.30am-12.30pm Children's Class
27	28	29 6.00pm-9.15pm Foundation Programme Protector Day	30 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-10.00pm Quick Path to Great Bliss Prayers *	31 8.00pm-9.15pm Stages of the path meditations with Heart Jewel Prayers	* For HYT Practitioner	