

APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 SE Asia Dharma Celebration 29/3 - 1/4	2	3 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-10.00pm Quick Path to Great Bliss Puja *	4 8.00pm-9.15pm Stages of the path meditations with Heart Jewel Prayers	5	6 11.30am-12.30pm Children's Class NKT Day	7 10.30am-11.45am Meditations for everyday life 2.00pm-4.00pm Center Cherishing
8 8.00pm-9.30pm Walk in Class (with Tara prayers)	9 6.00pm-9.15pm Foundation Programme	10 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-9.30pm Offering to the Spiritual Guide	11 8.00pm-9.15pm Stages of the path meditations with Heart Jewel Prayers	12	13 Nyung Ne Purification Practice 6.30am - 4.30pm	14 Nyung Ne Purification Practice 6.30am - 4.30pm
15 8.00pm-9.30pm Offering to the Spiritual Guide Buddha's Enlightenment Day	16 6.00pm-9.15pm Foundation Programme	17 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-10.00pm Quick Path to Great Bliss Puja *	18 8.00pm-9.15pm Learn to Meditate	19	20 8.00-9.30pm Mandarin Dharma Class 10.30am-11.45am Meditations for everyday life 12.00pm-1.00pm Powa for the Deceased	
22 8.00pm-9.30pm Walk in Class	23 6.00pm-9.15pm Foundation Programme	24 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-10.00pm Quick Path to Great Bliss Puja *	25 8.00pm-9.30pm Offering to the Spiritual Guide	26	27	28 2.00pm-5.30pm Melodius Drum
29 8.00pm-9.30pm Walk in Class Protector Day	30 6.00pm-9.15pm Foundation Programme	1	2 * For Highest Yoga Tantra Practitioners	3	4	4