

MAY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	1	2	3	4	5
		10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers	8.00pm-9.15pm Stages of the path meditations with Heart Jewel Prayers		10.15am-11.15am Mindful Children	10.30am-11.45am Meditations for everyday life
		8.00pm-10.00pm Quick Path to Great Bliss Prayers *			8.00-9.30pm Mandarin Dharma Class	
6	7	8	9	10	11	12
8.00pm-9.30pm Walk in Class	6.00pm-9.15pm Foundation Programme	10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers	8.00pm-9.15pm Stages of the path meditations with Heart Jewel Prayers	8.00pm-10.00pm Offering to the Spiritual Guide		SEADC Review 10.30am - 5.30pm
		Tara Prayers 8.00pm - 9.00pm				
13	14	15	16	17	18	19
8.00pm-9.30pm Walk in Class	6.00pm-9.15pm Foundation Programme	10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers	8.00pm-9.15pm Stages of the path meditations with Heart Jewel Prayers			Wesak Day 10.30am - 4.00pm
		8.00pm-10.00pm Quick Path to Great Bliss Prayers *				4.00pm-6.00pm Center Cherishing
		Mahayana Precepts Day				
20	21	22	23	24	25	26
8.00pm-9.30pm Walk in Class	6.00pm-9.15pm Foundation Programme	10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers	8.00pm-9.15pm Learn to Meditate		3.00pm-5.00pm Offering to the Spiritual Guide	10.30am-11.45am Meditations for everyday life
		8.00pm-10.00pm Quick Path to Great Bliss Prayers *			* Start of International Spring Festival, UK	12.00pm-1.00pm 35 Confession Buddhas ~ Purification Practice
27	28	29	30	31	1	2
8.00pm-9.30pm Walk in Class	6.00pm-9.15pm Foundation Programme	10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers	8.00pm-9.15pm Stages of the path meditations with Heart Jewel Prayers		* For Highest Yoga Tantra Practitioners	
		8.00pm-9.30pm Wishfulfilling Jewel Prayers with Tsog				