

JUNE 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		* For Highest Yoga Tantra Practitioners			1 10.15am-11.15pm Mindful Children 12.30pm-2.30pm Center Cherishing 8.00-9.30pm Mandarin Dharma Class	2 10.30am-11.45am Meditations for everyday life
3 8.00pm-9.30pm Walk in Class	4 8.00pm-9.30pm Offering to the Spiritual Guide Prayers Buddha's Turning the Wheel of Dharma Day	5 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-10.00pm Quick Path to Great Bliss Prayers *	6 8.00pm-9.15pm Learn to Meditate	7	8 Green Tara Empowerment 11.00am - 1.00pm 3.00pm - 4.30pm	9 Green Tara Commentary 10.30am - 12.00pm 2.00pm - 3.30pm
10 8.00pm-9.30pm Offering to the Spiritual Guide Prayers	11 6.00pm-9.15pm Foundation Programme	12 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-10.00pm Quick Path to Great Bliss Prayers *	13 8.00pm-9.15pm Stages of the path meditations with Heart Jewel Prayers	14	15 Mahayana Precepts Day	16 10.30am-11.45am Meditations for everyday life
17 8.00pm-9.30pm Walk in Class	18 6.00pm-9.15pm Foundation Programme	19 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-10.00pm Quick Path to Great Bliss Prayers *	20 8.00pm-9.15pm Learn to Meditate	21	22	23 10.30am-11.45am Meditations for everyday life 12.00pm-1.00pm Powa for the Deceased
24 8.00pm-9.30pm Walk in Class	25 8.00pm-9.30pm Offering to the Spiritual Guide Prayers	26 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-10.00pm Quick Path to Great Bliss Prayers *	27 8.00pm-9.15pm Stages of the path meditations with Heart Jewel Prayers	28	29 2.30pm-6.00pm Melodius Drum Prayers	30 10.30am-11.45am Meditations for everyday life