

JULY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
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	6.30pm-7.30pm 学习禅修	6.30pm-7.30pm 禅修与佛法		10.30am-11.45am Meditations for everyday life
		8.00pm-10.00pm Quick Path to Great Bliss Prayers *	8.00pm-9.00pm Learn to Meditate			12.30pm-2.30pm Center Cherishing
8	9	10	11	12	13	14
8.00pm-9.30pm Walk in Class with Tara Prayers	6.00pm-9.15pm Foundation Programme	10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers	6.30pm-7.30pm 学习禅修	6.30pm-7.30pm 禅修与佛法	<i>Guru Yoga Mandala Offering Retreat</i> 10.00am - 6.00pm	<i>Guru Yoga Mandala Offering Retreat</i> 10.00am - 6.00pm
		8.00pm-10.00pm <i>Offering to the Spiritual Guide Prayers</i>	8.00pm-9.00pm Learn to Meditate			
15	16	17	18	19	20	21
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	6.30pm-7.30pm 学习禅修	6.30pm-7.30pm 禅修与佛法		10.30am-11.45am Meditations for everyday life
Mahayana Precepts Day		8.00pm-10.00pm Quick Path to Great Bliss Prayers *	8.00pm-9.00pm Learn to Meditate			12.00pm-1.00pm 35 Confession Buddhas ~ Purification Practice
22	23	24	25	26	27	28
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-10.00pm <i>Offering to the Spiritual Guide Prayers</i>	Term Break 26 July - 13 August	Term Break 26 July - 13 August	Term Break 26 July - 13 August
		8.00pm-10.00pm Quick Path to Great Bliss Prayers *				
29	30	31	1	2	3	4
Term Break 26 July - 13 August	Term Break 26 July - 13 August	Term Break 26 July - 13 August		* For Highest Yoga Tantra Practitioners		