

AUGUST 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30 * For Highest Yoga Tantra Practitioners	31	1	2 Term Break 26 July - 13 August	3 Term Break 26 July - 13 August	4 Term Break 26 July - 13 August
5 Term Break 26 July - 13 August	6 Term Break 26 July - 13 August	7 Term Break 26 July - 13 August	8 Term Break 26 July - 13 August	9 Term Break 26 July - 13 August	10 Term Break 26 July - 13 August	11 Term Break 26 July - 13 August
12 Term Break 26 July - 13 August	13 Term Break 26 July - 13 August	14 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-10.00pm Quick Path to Great Bliss Prayers *	15 Mahayana Precepts Day 6.30pm-7.30pm 学习禅修 8.00pm-9.00pm Learn to Meditate	16	17 Refuge Retreat 10.00am - 6.30pm	18 Refuge Retreat 10.00am - 6.30pm
19 8.00pm-9.30pm Walk in Class	20 6.00pm-9.15pm Foundation Programme	21 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-10.00pm Quick Path to Great Bliss Prayers *	22 6.30pm-7.30pm 学习禅修 8.00pm-9.00pm Learn to Meditate	23	24 8.00pm-9.30pm 禅修与佛法	25 2.00pm-4.00pm Offering to the Spiritual Guide Prayers 4.30pm-6.30pm Center Cherishing
26 8.00pm-9.30pm Walk in Class	27 6.00pm-9.15pm Foundation Programme	28 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-10.00pm Quick Path to Great Bliss Prayers *	29 8.00pm-9.30pm Wishfulfilling Jewel Prayers with Tsog	30	31	