

# OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	1	2 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-10.00pm Quick Path to Great Bliss Prayers *	3 7.00pm-8.00pm 学习禅修 8.00pm-9.00pm Learn to Meditate	4	5 10.30am-11.45am Meditations for everyday life 2.00pm-5.30pm Foundation Programme	6 12.00pm-1.00pm Powa for the Deceased
7 8.00pm-9.30pm Walk in Class	8 Tara Prayers 8.00pm - 9.00pm	9 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-10.00pm Quick Path to Great Bliss Prayers *	10 8.00pm-10.00pm Offering to the Spiritual Guide Prayers	11	12 10.30am-11.45am Meditations for everyday life 2.00pm-5.30pm Foundation Programme	13 1.00pm-4.00pm Center Cherishing
14 8.00pm-9.30pm Walk in Class	15 Mahayana Precepts Day	16 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-10.00pm Quick Path to Great Bliss Prayers *	17 7.00pm-8.00pm 学习禅修 8.00pm-9.00pm Learn to Meditate	18	19 2.00pm-5.30pm Foundation Programme 8.00pm-9.30pm 禅修与佛法	20 Day course : Highlights of Fall Festival 10.30am-5.30pm
21 8.00pm-9.30pm Walk in Class	22	23 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-10.00pm Quick Path to Great Bliss Prayers *	24 7.00pm-8.00pm 学习禅修 8.00pm-9.00pm Learn to Meditate	25 8.00pm-10.00pm Offering to the Spiritual Guide Prayers  (Je Tsongkhapa's Enlightenment Day)	26 10.30am-11.45am Meditations for everyday life 2.00pm-5.30pm Foundation Programme	27 10.30am-11.30pm Mindful Children 2.00pm-5.30pm Melodius Drum Prayers
28 8.00pm-9.30pm Walk in Class	29	30 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-10.00pm Quick Path to Great Bliss Prayers *	31 7.00pm-8.00pm 学习禅修 8.00pm-9.00pm Learn to Meditate	1	2 * For Highest Yoga Tantra Practitioners	3