

SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 10.30am-11.45am Meditations for everyday life
2 8.00pm-9.30pm Walk in Class	3 6.00pm-9.15pm Foundation Programme	4 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-10.00pm Quick Path to Great Bliss Prayers *	5 7.00pm-8.00pm 学习禅修 8.00pm-9.00pm Learn to Meditate	6	7 8.00pm-9.30pm 禅修与佛法	8 Day Course Highlights of week 1 Summer 10.30am-5.30pm
9 8.00pm-9.30pm Walk in Class	10 8.00pm-10.00pm <i>Offering to the Spiritual Guide Prayers</i>	11 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-10.00pm Quick Path to Great Bliss Prayers *	12 7.00pm-8.00pm 学习禅修 8.00pm-9.00pm Learn to Meditate	13	14	15 Day Course Highlights of week 2 Summer 10.30am-5.30pm Mahayana Precepts Day 5.30pm-7.30pm Center Cherishing
16 8.00pm-9.30pm Walk in Class	17 6.00pm-9.15pm Foundation Programme	18 10.30am-11.45am Stages of the path meditations with Heart Jewel Prayers 8.00pm-10.00pm Quick Path to Great Bliss Prayers *	19 7.00pm-8.00pm 学习禅修 8.00pm-9.00pm Learn to Meditate	20	21 10.15am-11.15pm Mindful Children	22 1.30pm-3.30pm <i>Offering to the Spiritual Guide Prayers (Buddhas's Return from Heaven Day Celebration)</i>
23 8.00pm-9.30pm Walk in Class	24 6.00pm-9.15pm Foundation Programme	25 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>	26 7.00pm-8.00pm 学习禅修 8.00pm-9.00pm Learn to Meditate	27 (Fall Festival 27 Sept - 3 Oct)	28	29 2.00pm-6.00pm Melodius Drum Prayers
30 8.00pm-9.30pm Walk in Class	1	2	3	4 * For Highest Yoga Tantra Practitioners	5	6