

# FEBRUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30 <i>* For Highest Yoga Tantra Practitioners</i>	31	1 <i>Chinese New Year Break</i>	2 <i>Chinese New Year Break</i>
3 10.30am-11.45am Heart Jewel prayers with meditation 8.00pm-9.30pm Walk in Class	4	5	6 7.00pm-8.00pm 学习禅修 8.00pm-9.00pm Learn to Meditate	7	8 10.30am-11.45am Meditations for everyday life 2.30pm-6.00pm Foundation Programme with Tara Prayers	9 10.30am-11.45am Mindful Children
10 10.30am-11.45am Heart Jewel prayers with meditation 8.00pm-10.00pm Offering to the Spiritual Guide Prayers	11	12	13 7.00pm-8.00pm 学习禅修 8.00pm-9.00pm Learn to Meditate	14	15 Amitayus Empowerment 11.00am - 1.00pm 3.00pm - 4.30pm Mahayana Precepts Day	16 Amitayus Commentary 10.30am - 12.00pm 2.30pm - 4.00pm 4.00pm -5.30pm Center Cherishing
17 10.30am-11.45am Heart Jewel prayers with meditation 8.00pm-9.30pm Walk in Class	18	19	20 7.00pm-8.00pm 学习禅修 8.00pm-9.00pm Learn to Meditate	21	22 10.30am-11.45am Meditations for everyday life 2.30pm-6.00pm Foundation Programme 8.00pm-9.30pm 禅修与佛法	23 10.30am-11.45am Mindful Children
24 10.30am-11.45am Heart Jewel prayers with meditation 8.00pm-9.30pm Walk in Class	25 8.00pm-10.00pm Offering to the Spiritual Guide Prayers	26	27 7.00pm-8.00pm 学习禅修 8.00pm-9.00pm Learn to Meditate	28	29 11.00am-2.30pm Melodius Drum Prayers 3.30pm -5.00pm Center Cherishing	1