

MARCH 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
24	25 <i>* For Highest Yoga Tantra Practitioners</i>	26	27	28	29	1
2 10.30am-11.45am Heart Jewel prayers with meditation 8.00pm-9.30pm Walk in Class	3	4 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 2.30pm - 6.00pm Foundation Programme 8.00pm-9.30pm 禅修与佛法	8 10.30am-11.45am Mindful Children Tara Prayers 3.00pm - 4.00pm
9 10.30am-11.45am Heart Jewel prayers with meditation 8.00pm-9.30pm Walk in Class	10 8.00pm-10.00pm Offering to the Spiritual Guide Prayers	11 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 10.30am-11.45am Meditations for everyday life 2.30pm - 6.00pm Foundation Programme	15 Day course : Heading for Higher Ground 10.00am - 5.00pm <i>Mahayana Precepts Day</i>
16 10.30am-11.45am Heart Jewel prayers with meditation 8.00pm-9.30pm Walk in Class	17	18 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 2.30pm - 6.00pm Foundation Programme	22 10.30am-11.45am Mindful Children 3.00pm-4.00pm Powa for the Deceased
23 10.30am-11.45am Heart Jewel prayers with meditation 8.00pm-9.30pm Walk in Class	24	25 8.00pm-10.00pm Offering to the Spiritual Guide Prayers	26 7.00pm-8.00pm 学习禅修 8.00pm-9.00pm Learn to Meditate	27	28 10.30am-11.45am Meditations for everyday life 2.30pm - 6.00pm Foundation Programme	29 11.00am-2.30pm Melodius Drum Prayers 3.30pm -5.30pm Center Cherishing
30 10.30am-11.45am Heart Jewel prayers with meditation 8.00pm-9.30pm Walk in Class	31	1	2	3	4	5