

2018

January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1 3.30am - 4.30pm Tara 24-hour chanting</p>	<p>2 8pm - 9pm Heart Jewel</p>	<p>3 11am - 12pm Lamrim meditation with Heart Jewel prayers</p>	<p>4 8pm - 9pm Heart Jewel</p>	<p>5 8pm - 9pm Heart Jewel</p>	<p>6 2.30pm - 6pm Foundation Programme 8pm - 9.30pm 禅修课 Mandarin class</p>	<p>7</p>
<p>8 8pm - 9.30pm Walk-in Class with Tara prayers</p>	<p>9 8pm - 9pm Heart Jewel</p>	<p>10 11am - 12pm Lamrim meditation with Heart Jewel prayers 8pm - 10pm Offering to the Spiritual Guide</p>	<p>11 8pm - 9pm Heart Jewel</p>	<p>12 8pm - 9pm Heart Jewel</p>	<p>13 2.30pm - 6pm Foundation Programme</p>	<p>14 10am - 6.30pm Lamrim Retreat (1/2)</p>
<p>15 8pm - 9.30pm Walk-in Class</p>	<p>16 8pm - 9pm Heart Jewel</p>	<p>17 11am - 12pm Lamrim meditation with Heart Jewel prayers</p>	<p>18 8pm - 9pm Powa</p>	<p>19 8pm - 9pm Heart Jewel</p>	<p>20 2.30pm - 6pm Foundation Programme</p>	<p>21 10am - 6.30pm Lamrim Retreat (2/2)</p>
<p>22 8pm - 9.30pm Walk-in Class</p>	<p>23 8pm - 9pm Learn to Meditate</p>	<p>24 11am - 12pm Lamrim meditation with Heart Jewel prayers</p>	<p>25 8pm - 10pm Offering to the Spiritual Guide</p>	<p>26 8pm - 9pm Heart Jewel</p>	<p>27 2.30pm - 6pm Foundation Programme</p>	<p>28 10am - 1pm Melodious Drum 2.30pm - 4.30pm Centre Cherishing</p>
<p>29 8pm - 9.30pm Walk-in Class</p>	<p>30 8pm - 9pm Heart Jewel</p>	<p>31 11am - 12pm Lamrim meditation with Heart Jewel prayers</p>				