Kadampa Meditation Center Florida | Sarasota meditationinsarasota.org · 730 N Washington Blvd · (941) 373-1600

SUN	MON	TUES	WED	THURS	FRI	SAT
	2	3	4	5	6	7
Seven Florida Centers			35 Confession Buddhas	Quick Path (HYT)	The Power to Change	
Present: Timeless	Seven Florida Centers Present: Timeless	12-1pm	11-11:45am	12-1:30pm	11am-12pm	
Wisdom for a Happy _ife-Advice from Atisha's	Wisdom for a Happy	Dakini Yoga (HYT Only)	Lunchtime Meditation	HJ with silent meditation		
Heart	Life-Advice from Atisha's	5-6pm	12:15-12:45pm	5-6pm	Powa	
Session 5: 9-10am	Heart Session 7: 9-10:15am	No GP Class			6-7pm	
Special Sunday GP Class 1-12:15pm	Break: 10:15-10:45am		HJ with silent meditation			
_unch: 12:15-2pm	Session 8: 10:45am-12pm		5-6pm			
Session 6: 2-3:15pm	HJ with silent meditation					
	5-6pm					
3	9	10	11	12	13	14
Transforming Loneliness	Lunchtime Meditation		35 Confession Buddhas	Quick Path (HYT)	The Power to Change	Open House
& Loss GP Class	12:15-12:45pm	OSG with food offerings 12-1:30pm	11-11:45am Lunchtime Meditation	12-1:30pm	llam-l2pm	10am-2pm
11-12:15pm	HJ with silent meditation	12-1.30μΠ	12:15-12:45pm	HJ with silent meditation	HJ with Silent Meditation	
Tara Prayers	5-6pm	Where Does Anger Hide? GP Class		5-6pm	5-6pm	
l-2pm WFJ with food offering	Meditations on Loving Kindness with Prayers for	6:30-7:45pm	HJ with silent meditation		Friday Night Talk GP Class	
3-4:00pm	World Peace		5-6pm		Choose Happiness 7-8:15pm	
	6:30-7:30pm				,	
15	16	17	18	19	20	21
PRECEPTS DAY	Lunchtime Meditation		35 Confession Buddhas	Quick Path (HYT)	US Festival	US Festival
Mahayana Precepts 6:30-7:15am	12:15-12:45pm	12-1pm	11-11:45am Lunchtime Meditation	12-1:30pm	The Power to Change	
5.50 7.15dill	HJ with silent meditation	Dakini Yoga (HYT Only)	12:15-12:45pm	HJ with silent meditation	llam-l2pm	
Transforming Loneliness	5-6pm Meditations on Loving	5-6pm Where Does Anger Hide?		5-6pm		
& Loss GP Class I1-12:15pm	Kindness with Prayers for	GP Class	HJ with silent meditation 5-6pm		HJ with Silent Meditation	
·	World Peace 6:30-7:30pm	6:30-7:45pm			5-6pm	
WFJ with food offering 3-4:00pm						
22	23	24	25	26	27	28
US Festival	US Festival	US Festival	US Festival	Quick Path (HYT)	The Power to Change	
				12-1:30pm	llam-l2pm	
Transforming Lonleiness	Lunchtime Meditation 12:15-12:45pm	HJ with silent meditation	35 Confession Buddhas	U3 with cilont wooditet!		
& Loss GP Class I1-12:15pm	12.15-12.45p111		Lunchtime Meditation	HJ with silent meditation 5-6pm	Medicine Buddha	
·	HJ with silent meditation	Dakini Yoga (HYT Only) 5-6pm	12:15-12:45pm		5-6pm	
WFJ with food offering 3-4pm	5-6pm		OSG with food offerings			
5- 4 piii	Meditations on Loving Kindness with Prayers for	Where Does Anger Hide? GP Class	5-6:30pm			
	World Peace	6:30-7:45pm				
	6:30-7:30pm					
29		SPECIAL NOTES	10	<u> </u>	COLOR KEY:	
	Lunghtimo Moditatian	OSG = Offering to the Spiritual Guide WFJ = Wishfulfilling Jewel			Special classes in blue Pujas in green	
Transforming Lonliness &	Lunchtime Meditation 12:15-12:45pm	HYT = Highest Yoga Tantra empowerment required			Weekly classes in black	
	Lunch				Out of town branches in pur	rple
Loss GP Class						
Loss GP Class 1-12:15pm	HJ with silent meditation					
	5-6pm					
11-12:15pm						