

# September 2024

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