

December 2024

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

SUN	MON	TUES	WED	THURS	FRI	SAT
1 Modern Buddhism for Busy People GP 11-12:15pm WFJ with food offering 3-4:00PM TTP 5-7pm	2 Lunchtime Meditation 12:15-12:45pm HJ with silent meditation 5-6pm Venice Branch 7-8:30pm Meditations for a Good Heart & World Peace 6:30-7:30pm	3 HJ with silent meditation 12-1pm Dakini Yoga (HYT Only) 5-6pm Journey Into Our Mind GP 6:30-7:45pm	4 35 Confession Buddhas 11-11:45am Lunchtime Meditation 12:15-12:45pm Lunch HJ with silent meditation 5-6 pm FP 6:30-8:30pm	5 Quick Path (HYT) 12-1:30pm HJ with silent meditation 5-6pm TTP 6:30-8:30pm	6 The Power to Change 11am-12pm Lunch Powa 6-7pm Friday Night Talk GP Class The Love of Listening 7-8:15pm	7 Pop-up Beach Meditation 11-12pm
8 Modern Buddhism for Busy People GP 11-12:15pm Tara Prayers 1-2pm WFJ with food offering 3-4:00pm No TTP	9 Lunchtime Meditation 12:15-12:45pm Lunch HJ with silent meditation 5-6pm Venice Branch 7-8:30pm Meditations for a Good Heart & World Peace 6:30-7:30pm	10 OSG with food offerings 12-1:30pm No GP Class	11 35 Confession Buddhas 11-11:45am Lunchtime Meditation 12:15-12:45pm Lunch HJ with silent meditation 5-6 pm No FP Class	12 Quick Path (HYT) 12-1:30pm HJ with silent meditation 5-6pm No TTP Class	13 HJ with silent meditation 5-6pm Je Tsongkhapa Empowerment Intro 7-8:30pm	14 Blessing Empowerment of Je Tsongkhapa Empowerment: 10am-12pm Lunch: 12-1:30pm Teaching: 1: 1:30-3pm WFJ with food offering 4-5pm
15 Blessing Empowerment of Je Tsongkhapa Special GP Teaching on Je Tsongkhapa Empowerment 11-12:15pm Teaching 2 - Commentary to 100's of Deities of the Joyful Land 1:30-3pm Hundreds of Deities Sadhana 4-5pm	16 Lunchtime Meditation 12:15-12:45pm Lunch HJ with silent meditation 5-6pm Venice Branch 7-8:30pm Meditations for a Good Heart & World Peace 6:30-7:30pm	17 HJ with silent meditation 12-1pm Dakini Yoga (HYT Only) 5-6pm No GP Class	18 35 Confession Buddhas 11-11:45am Lunchtime Meditation 12:15-12:45pm Lunch HJ with silent meditation 5-6pm FP 6:30-8:30pm	19 Quick Path (HYT) 12-1:30pm HJ with silent meditation 5-6pm TTP 6:30-8:30pm	20 The Power to Change 11am-12pm Lunch Community Holiday Party 7-9pm	21
22 Modern Buddhism for Busy People GP 11-12:15pm WFJ with food offering 3-4:00pm No TTP	23 Lunchtime Meditation 12:15-12:45pm Lunch HJ with silent meditation 5-6pm Meditations for a Good Heart & World Peace 6:30-7:30pm	24 HJ with Silent Meditation 12-1pm Dakini Yoga (HYT Only) 5-6pm No GP Class	25 OSG with food offerings 5-6:30pm No FP	26 Quick Path (HYT) 12-1:30pm HJ with silent meditation 5-6pm No TTP	27 The Power to Change 11am-12pm Lunch Medicine Buddha 5-6pm	28
29 Modern Buddhism for Busy People GP 11-12:15pm PROTECTOR DAY Melodious Drum 2-5:30pm No TTP	30 Lunchtime Meditation 12:15-12:45pm Lunch HJ with silent meditation 5-6pm Meditations for a Good Heart & World Peace 6:30-7:30pm	31 NYE-Candle Light Prayers for World Peace Appetizers & mocktails 7-9pm	SPECIAL NOTES OSG = Offering to the Spiritual Guide WFJ = Wishfulfilling Jewel HYT = Highest Yoga Tantra empowerment required HJ = Heart Jewel GP = General Program FP = Foundation Program TTP = Teacher Training Program		COLOR KEY: Special classes in blue Pujas in green Weekly classes in black Out of town classes in purple	