

January 2025

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

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
<p>COLOR KEY: Special classes in blue Pujas in green Weekly classes in black Out of town classes in purple</p>		<p>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</p>			<p>Fourteen New Wishes: Lamrim Retreat Retreat Introduction: 7-8:15pm</p>	<p>Fourteen New Wishes: Lamrim Retreat Session 1: 9-10:15am Lunch: 11:30am-1pm Session 2: 2-3:15pm Session 3: 5-6:15pm Dinner: 6:30-7:30pm</p> <p>Pop-up Beach Meditation 11-12pm</p>
5	6	7	8	9	10	11
<p>Fourteen New Wishes: Lamrim Retreat Session 4: 9-10:15am Sunday GP Class 11am-12:15pm Lunch: 12:30-1:30pm Session 5: 2-3:15pm Session 6: 5:30-6:15pm Dinner: 6:30-7:30pm</p>	<p>Fourteen New Wishes: Lamrim Retreat Session 7: 10-11:15am Lunch: 11:30am-1pm Session 8: 1-2:15pm Session 9: 4-5:15pm Dinner: 5:30-6:30pm</p>	<p>Fourteen New Wishes: Lamrim Retreat Session 10: 10-11:15am Lunch: 11:30am-1pm Session 11: 1-2:15pm Session 12: 4-5:15pm Dinner: 5:30-6:30pm</p>	<p>Fourteen New Wishes: Lamrim Retreat Session 13: 10-11:15am Lunch: 11:30am-1pm Session 14: 1-2:15pm Session 15: 4-5:15pm Dinner: 5:30-6:30pm</p> <p>WFJ with food offering 7-8pm</p>	<p>Heart Jewel 5-6pm</p>	<p>Mental Balance: Four Immeasurables Retreat OSG with food offerings 3-4:30pm Introduction: 7-8:15pm</p>	<p>Mental Balance: Four Immeasurables Retreat Session 1: 10-11:15am Lunch: 11:30am-1pm Session 2: 1-2:15pm Session 3: 4-5:15pm Dinner: 5:30-6:30pm</p>
12	13	14	15	16	17	18
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19	20	21	22	23	24	25
<p>Completing the Path: Mahamudra Retreat Session 4: 9-10:15am Sunday GP Class 11am-12:15pm Lunch: 12:30-1:30pm Session 5: 2-3:15pm Session 6: 5:30-6:15pm Dinner: 6:30-7:30pm</p>	<p>Completing the Path: Mahamudra Retreat Session 7: 10-11:15am Lunch: 11:30am-1pm Session 8: 1-2:15pm Session 9: 4-5:15pm Dinner: 5:30-6:30pm</p>	<p>Completing the Path: Mahamudra Retreat Session 10: 10-11:15am Lunch: 11:30am-1pm Session 11: 1-2:15pm Session 12: 4-5:15pm Dinner: 5:30-6:30pm</p>	<p>Completing the Path: Mahamudra Retreat Session 13: 10-11:15am Lunch: 11:30am-1pm Session 14: 1-2:15pm Session 15: 4-5:15pm Dinner: 5:30-6:30pm WFJ with food offering 7-8pm</p>	<p>Heart Jewel 5-6pm</p>	<p>Cultivating Our Good Heart: Lojong Retreat Introduction: 7-8:30pm</p>	<p>Cultivating Our Good Heart: Lojong Retreat Session 1: 10-11:15am Lunch: 11:30am-1pm Session 2: 1-2:15pm Session 3: 4-5:15pm Dinner: 5:30-6:30pm OSG with food offerings 6:30-8:00pm</p>
26	27	28	29	30	31	
<p>Cultivating Our Good Heart: Lojong Retreat Session 4: 9-10:15am Sunday GP Class 11am-12:15pm Lunch: 12:30-1:30pm Session 5: 2-3:15pm Session 6: 5:30-6:15pm Dinner: 6:30-7:30pm</p>	<p>Cultivating Our Good Heart: Lojong Retreat Session 7: 10-11:15am Lunch: 11:30am-1pm Session 8: 1-2:15pm Session 9: 4-5:15pm Dinner: 5:30-6:30pm</p>	<p>Cultivating Our Good Heart: Lojong Retreat Session 10: 10-11:15am Lunch: 11:30am-1pm Session 11: 1-2:15pm Session 12: 4-5:15pm Dinner: 5:30-6:30pm</p>	<p>Cultivating Our Good Heart: Lojong Retreat Session 13: 10-11:15am Lunch: 11:30am-1pm Session 14: 1-2:15pm Session 15: 4-5:15pm Dinner: 5:30-6:30pm WFJ with food offering 7-8pm</p>	<p>Heart Jewel 5-6pm</p>		