November 2024

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

SUN	MON	TUES	WED	THURS	FRI	SAT
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		1 Fall Festival The Power to Change Ilam-12pm Lunch Powa 6-7PM	2 Pop-up Beach Meditation 11-12pm	
3	4	5	6	7	8	9
Modern Buddhism for Busy People GP 11-12:15pm WFJ with food offering 3-4:00PM TTP 5-7pm	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	HJ with Silent Meditation 12-1pm Dakini Yoga (HYT Only) 5-6:00pm Journey Into Our Mind GP 6:30-7:45pm	35 Confession Buddhas 11-11:45am Lunchtime Meditation 12:15-12:45pm Lunch HJ with Silent Meditation 5-6pm FP 6:30-8:30pm	Quick Path (HYT Only) 12-1:30pm HJ with silent meditation 5-6pm TTP 6:30-8:30pm	The Power to Change llam-12pm Lunch Tara Prayers 5-6pm Friday Night Talk GP Class Letting Go of the Past 7-8:15pm	Creating a Sacred Space Day Course Session 1: 10-11:15am Session 2: 12:30-1:45pm
10	11	12	13	14	15	16
Modern Buddhism for Busy People CP 11-12:15pm OSC with food offerings 2:30-4:00pm TTP 5-7pm	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	HJ with Silent Meditation 12-1pm Dakini Yoga (HYT Only) 5-6:00pm Journey Into Our Mind GP 6:30-7:45pm	35 Confession Buddhas 11-11:45am Lunchtime Meditation 12:15-12:45pm Lunch HJ with Silent Meditation 5-6pm FP 6:30-8:30pm	Quick Path (HYT Only) 12-1:30pm HJ with silent meditation 5-6pm TTP 6:30-8:30pm	PRECEPTS DAY Mahayana Precepts 6:30-7:15am Sojong (Ordained Only) 9-10:30 The Power to Change 11am-12pm Lunch HJ with silent meditation 5-6pm	Walk for World Peace & Membership Drive 9am-Registration 9:30am - Walk Other Festivities until 1pm
17	18	19	20	21	22	23
Modern Buddhism for Busy People GP 11-12:15pm WFJ with food offering 3-4:00PM TTP 5-7pm	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	HJ with Silent Meditation 12-1pm Dakini Yoga (HYT Only) 5-6:00pm Journey Into Our Mind GP 6:30-7:45pm	35 Confession Buddhas 11-11:45am Lunchtime Meditation 12:15-12:45pm Lunch HJ with Silent Meditation 5-6pm FP 6:30-8:30pm	Quick Path (HYT Only) 12-1:30pm HJ with silent meditation 5-6pm TTP Class moved to 11/22	The Power to Change llam-l2pm Lunch HJ with silent meditation 5-6pm Friday Night Talk GP Class The Secret of Good Luck 7-8:15pm	Streams of Purifying Nectar Retreat Session 1: 10-11:15am Lunch: 12-1pm Session 2: 1:30-2:45pm Session 3: 4:30-5:45pm
24	25	26	27	28	29	30
Modern Buddhism for Busy People GP 11-12:15pm Streams of Purifying Nectar Retreat Session 4: 1-2:15pm Session 5: 3:30-4:45pm WFJ with food offering 6-7pm	Lunchtime Meditation 12:15-12:45pm Lunch OSG with food offerings 3-4:30pm Venice Branch 7-8:30pm Meditations for a Good Heart & World Peace 6:30-7:30pm	HJ with Silent Meditation 12-1pm Dakini Yoga (HYT Only) 5-6:00pm Journey Into Our Mind GP 6:30-7:45pm	35 Confession Buddhas 11-11:45am Lunchtime Meditation 12:15-12:45pm Lunch HJ with Silent Meditation 5-6pm No FP	Happy Thanksgiving! Center Closed	PROTECTOR DAY The Power to Change llam-l2pm Lunch Melodious Drum 2-5:30pm	Volunteer Day 10-12pm