

# December 2024

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

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>1</b> <b>Modern Buddhism for Busy People GP</b> 11-12:15pm <b>WFJ with food offering</b> 3-4:00PM <b>TTP</b> 5-7pm	<b>2</b> <b>Lunchtime Meditation</b> 12:15-12:45pm <b>HJ with silent meditation</b> 5-6pm <b>Venice Branch Class</b> 7-8:30pm  <b>Meditations for a Good Heart &amp; World Peace</b> 6:30-7:30pm	<b>3</b> <b>HJ with silent meditation</b> 12-1pm <b>Dakini Yoga (HYT Only)</b> 5-6pm  <b>Journey Into Our Mind GP</b> 6:30-7:45pm	<b>4</b> <b>35 Confession Buddhas</b> 11-11:45am <b>Lunchtime Meditation</b> 12:15-12:45pm <b>Lunch</b>  <b>HJ with guided meditation</b> 5-6 pm <b>FP</b> 6:30-8:30pm	<b>5</b> <b>Quick Path (HYT)</b> 12-1:30pm <b>HJ with silent meditation</b> 5-6pm  <b>TTP</b> 6:30-8:30pm	<b>6</b> <b>The Power to Change</b> 11am-12pm <b>Lunch</b> <b>Powa</b> 5-6pm  <b>Friday Night Talk GP Class</b> <b>The Love of Listening</b> 7-8:15pm	<b>7</b>  <b>Pop-up Beach Meditation</b> 11-12pm
<b>8</b> <b>Modern Buddhism for Busy People GP</b> 11-12:15pm  <b>Tara Prayers</b> 1-2pm <b>WFJ with food offering</b> 3-4:00pm  <b>No TTP</b>	<b>9</b> <b>Lunchtime Meditation</b> 12:15-12:45pm <b>Lunch</b> <b>HJ with silent meditation</b> 5-6pm <b>Venice Branch Class</b> 7-8:30pm  <b>Meditations for a Good Heart &amp; World Peace</b> 6:30-7:30pm	<b>10</b>  <b>OSG with food offerings</b> 12-1:30pm  <b>No GP Class</b>	<b>11</b> <b>35 Confession Buddhas</b> 11-11:45am <b>Lunchtime Meditation</b> 12:15-12:45pm <b>Lunch</b>  <b>HJ with guided meditation</b> 5-6 pm <b>FP</b> 6:30-8:30pm	<b>12</b> <b>Quick Path (HYT)</b> 12-1:30pm <b>HJ with silent meditation</b> 5-6pm  <b>No TTP Class</b>	<b>13</b>  <b>HJ with silent meditation</b> 5-6pm  <b>Je Tsongkhapa Empowerment Intro</b> 7-8:30pm	<b>14</b>  <b>Blessing Empowerment of Je Tsongkhapa</b> <b>Empowerment:</b> 10am-12pm <b>Lunch:</b> 12-1:30pm <b>Teaching:</b> 1: 1:30-3pm  <b>WFJ with food offering</b> 4-5pm
<b>15</b> <b>Blessing Empowerment of Je Tsongkhapa</b> <b>Special GP Teaching on Je Tsongkhapa Empowerment</b> 11-12:15pm  <b>Teaching 2 - Commentary to 100's of Deities of the Joyful Land</b> 1:30-3pm <b>Hundreds of Deities Sadhana</b> 4-5pm	<b>16</b> <b>Lunchtime Meditation</b> 12:15-12:45pm <b>Lunch</b> <b>HJ with silent meditation</b> 5-6pm <b>Venice Branch Class</b> 7-8:30pm  <b>Meditations for a Good Heart &amp; 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>No GP Class</b>	<b>18</b> <b>35 Confession Buddhas</b> 11-11:45am <b>Lunchtime Meditation</b> 12:15-12:45pm <b>Lunch</b>  <b>HJ with guided meditation</b> 5-6pm <b>FP</b> 6:30-8:30pm	<b>19</b> <b>Quick Path (HYT)</b> 12-1:30pm <b>HJ with silent meditation</b> 5-6pm  <b>TTP</b> 6:30-8:30pm	<b>20</b> <b>The Power to Change</b> 11am-12pm <b>Lunch</b>  <b>Medicine Buddha</b> 5-6pm	<b>21</b>  <b>Happy Holidays</b>
<b>22</b> <b>Modern Buddhism for Busy People GP</b> 11-12:15pm <b>WFJ with food offering</b> 3-4:00pm  <b>No TTP</b>	<b>23</b> <b>Lunchtime Meditation</b> 12:15-12:45pm <b>Lunch</b> <b>HJ with silent meditation</b> 5-6pm  <b>Meditations for a Good Heart &amp; World Peace</b> 6:30-7:30pm	<b>24</b> <b>HJ with Silent Meditation</b> 12-1pm <b>Dakini Yoga (HYT Only)</b> 5-6pm <b>No GP Class</b>	<b>25</b>  <b>OSG with food offerings</b> 5-6:30pm  <b>No FP</b>	<b>26</b> <b>Quick Path (HYT)</b> 12-1:30pm <b>HJ with silent meditation</b> 5-6pm  <b>No TTP</b>	<b>27</b> <b>The Power to Change</b> 11am-12pm <b>Lunch</b>  <b>Medicine Buddha</b> 5-6pm	<b>28</b>  <b>Happy Holidays</b>
<b>29</b> <b>Modern Buddhism for Busy People GP</b> 11-12:15pm  <b>PROTECTOR DAY</b> <b>Melodious Drum</b> 2-5:30pm  <b>No TTP</b>	<b>30</b> <b>Lunchtime Meditation</b> 12:15-12:45pm <b>Lunch</b> <b>HJ with silent meditation</b> 5-6pm  <b>Meditations for a Good Heart &amp; World Peace</b> 6:30-7:30pm	<b>31</b>  <b>NYE-Candlelight Meditations for World Peace</b> <b>Appetizers &amp; Mocktails</b> 7-9pm	<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>HJ</b> = Heart Jewel <b>GP</b> = General Program <b>FP</b> = Foundation Program <b>TTP</b> = Teacher Training Program		<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 classes</b> in purple	