

February 2025

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

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
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				Pop-up Beach Meditation 11-12pm
2	3	4	5	6	7	8
Modern Buddhism for Busy People GP 11-12:15pm WFJ with food offering 3-4pm TTP 5-7pm	Lunchtime Meditation 12:15-12:45pmpm Lunch HJ with silent meditation 5-6 pm Meditations for a Good Heart & World Peace 6:30-7:30pm Venice Branch Class 7-8:30pm	Heart Jewel with silent meditation 12-1pm Dakini Yoga (HYT Only) 5-6pm Change You Can Trust GP Class 7-8:15pm	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 Heart Jewel with silent meditation 5-6pm TTP 6:30-8:30	The Power to Change 11am-12pm Lunch HJ with silent meditation 5-6pm Powa 6-7pm	Kids & Family Day 10am-12pm Volunteer Day 12-2pm Tara Prayers 5-6pm
9	10	11	12	13	14	15
Modern Buddhism for Busy People GP 11-12:15pm WFJ with food offering 3-4pm TTP 5-7pm	Lunchtime Meditation 12:15-12:45pmpm Lunch OSG 3-5 pm Meditations for a Good Heart & World Peace 6:30-7:30pm Venice Branch Class 7-8:30pm	Heart Jewel with silent meditation 12-1pm Dakini Yoga (HYT Only) 5-6pm Change You Can Trust GP Class 7-8:15pm	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 11am-12pm Lunch HJ with silent meditation 5-6pm Transform the Way You Love Weekend Retreat with Gen Khedrub Session 1: 7-8:15pm	Precepts Day Mahayana Precepts 6:30-7:15am Transform the Way You Love Weekend Retreat with Gen Khedrub Session 2: 10-11:15am Lunch: 11:30am-1pm Session 3: 1-2:15pm Session 4: 3-4:15pm
16	17	18	19	20	21	22
Transform the Way You Love Weekend Retreat with Gen Khedrub Session 5: 11-12:30pm Q&A: 12:30-1pm WFJ with food offering 3-4pm TTP 5-7pm	Lunchtime Meditation 12:15-12:45pmpm Lunch HJ with silent meditation 5-6 pm Meditations for a Good Heart & World Peace 6:30-7:30pm	Heart Jewel with silent meditation 12-1pm Dakini Yoga (HYT Only) 5-6pm Change You Can Trust GP Class 7-8:15pm	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 11am-12pm Lunch HJ with silent meditation 5-6pm Medicine Buddha Prayers 5-6pm	Protecting Our Future: 35 Confession Buddha Practice Teaching 1: 10-11:30am Lunch: 11:30am-1pm Teaching 2: 1:30-3pm Practice: 3:30-4:30pm
22	23	24	25	26	28	
Modern Buddhism for Busy People GP 11-12:15pm WFJ with food offering 3-4pm TTP 5-7pm	Lunchtime Meditation 12:15-12:45pmpm Lunch HJ with silent meditation 5-6 pm Meditations for a Good Heart & World Peace 6:30-7:30pm Venice Branch Class 7-8:30pm	Dakini Yoga (HYT Only) 5-6pm Change You Can Trust GP Class 7-8:15pm	35 Confession Buddhas 11-11:45am Lunchtime Meditation 12:15-12:45pm Lunch OSG 3-5pm 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 11am-12pm Lunch Melodius Drum 2-5:30pm	
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