

February 2025

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 Pop-up Beach Meditation 11-12pm
2 Modern Buddhism for Busy People GP 11-12:15pm WFJ with food offering 3-4pm TTP 5-7pm	3 Luncheon Meditation 12:15-12:45pmpm Lunch HJ with silent meditation 5-6 pm Meditations for a Good Heart & World Peace 6:30-7:30pm	4 Heart Jewel with silent meditation 12-1pm Dakini Yoga (HYT Only) 5-6pm Change You Can Trust GP Class 7-8:15pm	5 35 Confession Buddhas 11-11:45am Luncheon Meditation 12:15-12:45pm Lunch HJwith silent meditation 5-6pm FP 6:30-8:30pm	6 Quick Path (HYT Only) 12-1:30pm Heart Jewel with silent meditation 5-6pm TTP 6:30-8:30	7 The Power to Change 11am-12pm Lunch HJ with silent meditation 5-6pm Powa 6-7pm	8 Meditation for Kids & Families 10am-12pm Volunteer Day 12-2pm Tara Prayers 5-6pm	
9 Modern Buddhism for Busy People GP 11-12:15pm WFJ with food offering 3-4pm TTP 5-7pm	10 Luncheon Meditation 12:15-12:45pmpm Lunch OSG 3-4:30 pm Meditations for a Good Heart & World Peace 6:30-7:30pm	11 Heart Jewel with silent meditation 12-1pm Dakini Yoga (HYT Only) 5-6pm Change You Can Trust GP Class 7-8:15pm	12 35 Confession Buddhas 11-11:45am Luncheon Meditation 12:15-12:45pm Lunch HJwith silent meditation 5-6pm FP 6:30-8:30pm	13 Quick Path (HYT Only) 12-1:30pm HJ with silent meditation 5-6pm TTP 6:30-8:30pm	14 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	15 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 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	17 Luncheon Meditation 12:15-12:45pmpm Lunch HJ with silent meditation 5-6 pm Meditations for a Good Heart & World Peace 6:30-7:30pm	18 Heart Jewel with silent meditation 12-1pm Dakini Yoga (HYT Only) 5-6pm Change You Can Trust GP Class 7-8:15pm	19 35 Confession Buddhas 11-11:45am Luncheon Meditation 12:15-12:45pm Lunch HJwith silent meditation 5-6pm FP 6:30-8:30pm	20 Quick Path (HYT Only) 12-1:30pm HJ with silent meditation 5-6pm TTP 6:30-8:30pm	21 The Power to Change 11am-12pm Lunch HJ with silent meditation 5-6pm Medicine Buddha Prayers 5-6pm	22 Protecting Our Future: 35 Confession Buddhas Practice Teaching 1: 10-11:30am Lunch: 11:30am-1pm Teaching 2: 1:30-3pm Practice: 3:30-4:30pm	
23 Modern Buddhism for Busy People GP 11-12:15pm WFJ with food offering 3-4pm TTP 5-7pm	24 Luncheon Meditation 12:15-12:45pmpm Lunch HJ with silent meditation 5-6 pm Meditations for a Good Heart & World Peace 6:30-7:30pm	25 Dakini Yoga (HYT Only) 5-6pm Lakewood Rance Branch Class 6:30-7:45pm Change You Can Trust GP Class 7-8:15pm	26 35 Confession Buddhas 11-11:45am Luncheon Meditation 12:15-12:45pm Lunch OSG 3-4:30pm FP 6:30-8:30pm	27 Quick Path (HYT Only) 12-1:30pm HJ with silent meditation 5-6pm TTP 6:30-8:30pm	28 The Power to Change 11am-12pm Lunch Melodius Drum 2-5:30pm		