

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
COLOR KEY: Special classes in blue Pujas in green Weekly classes in black Out of town classes in purple	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			Heart Jewel 5-6pm	Powa 5-6pm Fourteen New Wishes: Lamrim Retreat Introduction: 7-8:15pm	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 Pop-up Beach Meditation 11-12pm
5	6	7	8	9	10	11
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: 5:00-6:15pm Dinner: 6:30-7:30pm	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	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	Fourteen New Wishes: Lamrim Retreat Session 13: 10-11:15am Lunch: 11:30am-1pm Session 14: 1-2:15pm WFJ with food offering 3-4pm Dinner 5:30-6:30pm	Heart Jewel 5-6pm	Mental Balance: Four Immeasurables Retreat OSG with food offering 3-4:30pm Introduction: 7-8:15pm	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
12	13	14	15	16	17	18
Mental Balance: Four Immeasurables Retreat Session 4: 9-10:15am Sunday GP Class 11am-12:15pm Lunch: 12:30-1:30pm Session 5: 2-3:15pm Session 6: 5:00-6:15pm Dinner: 6:30-7:30pm	Mental Balance: Four Immeasurables 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 Venice Branch Class 7-8:30pm	Mental Balance: Four Immeasurables 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 Change You Can Trust GP Class 7-8:15	Mental Balance: Four Immeasurables Retreat Session 13: 10-11:15am Session 14: 11:45am-1pm Lunch: 1-2pm WFJ with food offering 3-4pm Dinner: 5:30-6:30pm	Heart Jewel 5-6pm	Completing the Path: Mahamudra Retreat Introduction: 7-8:15pm	Completing the Path: Mahamudra 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
19	20	21	22	23	24	25
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: 5:00-6:15pm Dinner: 6:30-7:30pm	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 No Venice Class	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 Change You Can Trust GP Class 7-8:15	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	Heart Jewel 5-6pm	Cultivating Our Good Heart: Lojong Retreat Introduction: 7-8:15pm	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
26	27	28	29	30	31	
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: 5:00-6:15pm Dinner: 6:30-7:30pm	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 Venice Branch Class 7-8:30pm	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 Change You Can Trust GP Class 7-8:15	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	Heart Jewel 5-6pm		