

March 2025

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

SUN	MON	TUES	WED	THURS	FRI	SAT
						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 Lunchtime Meditation 12:15-12:45pm Lunch HJ with silent meditation 5-6 pm Meditations for a Good Heart & World Peace 6:30-7:30pm	4 HJ with silent meditation 12-1pm Dakini Yoga (HYT Only) 5-6:00pm Living Meaningfully Dying Joyfully GP Class 7-8:15pm	5 35 Confession Buddhas 11-11:45am Lunchtime Meditation 12:15-12:45pm Lunch HJ with silent meditation 5-6pm FP 6:30-8:30pm	6 Quick Path (HYT Only) 12-1:30pm HJ with silent meditation 5-6pm TTP 6:30-8:30	7 The Power to Change 11am-12pm Lunch Powa 5-6pm Kadam Lucy Session 1: 7-8:15pm	8 Kadam Lucy Session 2: 10-11:15am Lunch: 11:30am-1pm Session 3: 1-2:15pm Session 4: 3-4:15pm
9 Kadam Lucy Session 5: 11-12:30pm Q&A: 12:30-1pm	10 Lunchtime Meditation 12:15-12:45pm Lunch OSG 2-3:30pm Meditations for a Good Heart & World Peace 6:30-7:30pm	11 HJ with silent meditation 12-1pm Dakini Yoga (HYT Only) 5-6:00pm Living Meaningfully Dying Joyfully GP Class 7-8:15pm	12 35 Confession Buddhas 11-11:45am Lunchtime Meditation 12:15-12:45pm Lunch HJ with silent meditation 5-6pm FP 6:30-8:30pm	13 Quick Path (HYT Only) 12-1:30pm HJ with silent meditation 5-6pm TTP 6:30-8:30	14 The Power to Change 11am-12pm Lunch HJ with silent meditation 5-6pm Power of Quiet Retreat Session 1: 7-8:15pm	15 Precepts Day Mahayana Precepts 6:30-7:15am Power of Quiet Half-Day Silent Retreat Session 2: 9-10am Session 3: 10:45-11:45am Session 4: 12:15-1:15pm
16 Modern Buddhism for Busy People GP 11-12:15pm WFJ with food offering 3-4pm TTP 5-7pm	17 Lunchtime Meditation 12:15-12:45pm Lunch HJ with silent meditation 5-6 pm Meditations for a Good Heart & World Peace 6:30-7:30pm	18 HJ with silent meditation 12-1pm Dakini Yoga (HYT Only) 5-6:00pm Living Meaningfully Dying Joyfully GP Class 7-8:15pm	19 35 Confession Buddhas 11-11:45am Lunchtime Meditation 12:15-12:45pm Lunch HJ with silent meditation 5-6pm FP 6:30-8:30pm	20 Quick Path (HYT Only) 12-1:30pm HJ with silent meditation 5-6pm TTP 6:30-8:30	21 The Power to Change 11am-12pm Lunch HJ with silent meditation 5-6pm	22 Volunteer Day 10-12pm
23 Modern Buddhism for Busy People GP 11-12:15pm WFJ with food offering 3-4pm TTP 5-7pm	24 Lunchtime Meditation 12:15-12:45pm Lunch HJ with silent meditation 5-6 pm Meditations for a Good Heart & World Peace 6:30-7:30pm	25 OSG 12-1:30pm Dakini Yoga (HYT Only) 5-6:00pm Living Meaningfully Dying Joyfully GP Class 7-8:15pm	26 35 Confession Buddhas 11-11:45am Lunchtime Meditation 12:15-12:45pm Lunch Heart Jewel with silent meditation 5-6pm FP 6:30-8:30pm	27 No TTP	28 Florida Dharma Celebration Introduction: 7-8:30pm	29 Florida Dharma Celebration Meditation: 9-10am Blessing Empowerment of Medicine Buddha: 11am-1pm Lunch: 1-3pm Teaching: 3-4:30pm Dinner: 6-7:15pm Wishfulfilling Jewel with Tsoq 7:30-8:30pm
30 Florida Dharma Celebration Meditation: 9-10am Teaching: 11am-12:30pm Lunch: 12:30-2pm Teaching: 2-3:30pm	31 Lunchtime Meditation 12:15-12:45pm Lunch HJ with silent meditation 5-6 pm Meditations for a Good Heart & World Peace 6:30-7:30pm	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		