

April 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	5
COLOR KEY: Special classes in blue Pujas in green Weekly classes in black Out of town classes in purple		Quick Path (HYT) 12-1:30pm HJ with silent meditation 5-6pm Lakewood Ranch Branch Class 6:30-7:45pm Living Meaningfully Dying Joyfully 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	HJ with silent meditation 12-1pm Dakini Yoga (HYT) 5-6pm TTP 6:30-8:30	The Power to Change 11am-12pm Lunch Powa 6-7pm	NKT Day Pop-up Beach Meditation 11-12pm Volunteer Recognition Day 2-5pm
6	7	8	9	10	11	12
Modern Buddhism for Busy People GP 11-12:15pm WFJ with food offering 2-3pm	Lunchtime Meditation 12:15-12:45pm Lunch HJ with silent meditation 5-6 pm TTP 6:30-8:30pm	Quick Path (HYT) 12-1:30pm Tara Prayers 5-6pm Lakewood Ranch Branch Class 6:30-7:45pm Living Meaningfully Dying Joyfully 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	OSG 4:30-6:00pm TTP 6:30-8:30pm	The Power to Change 11am-12pm Lunch HJ with silent meditation 5-6pm Friday Night Talk: The Scientific Approach to the Art of Effective Prayer 7-8:30pm	
13	14	15	16	17	18	19
Modern Buddhism for Busy People GP 11-12:15pm WFJ with food offering 2-3pm	Mahayana Precepts: 6:30-7:15am Nyungnay Purification Ritual Practice Day 1 Session 1: 7:15-8:30am Session 2: 10-11:15am Precepts Lunch: 12:30-1:30pm Session 3: 4:00-5:30pm	Buddha's Enlightenment Day Mahayana Precepts: 6:30-7:15am Nyungnay Purification Ritual Practice Day 2 Session 1: 7:15-8:30am Session 2: 10-11:15am Precepts Lunch (if applicable): 12:30-1:30pm Session 3: 4:00-5:30pm OSG 6:30-8pm	35 Confession Buddhas 11-11:45am Lunchtime Meditation 12:15-12:45pm Lunch HJ with silent meditation 5-6pm FP 6:30-8:30pm	HJ with silent meditation 12-1pm Dakini Yoga (HYT) 5-6pm TTP 6:30-8:30	The Power to Change 11am-12pm Lunch Prayers for World Peace 5-6pm	Transforming Pain With Wisdom Half-Day Course Session 1: 10-11:30am Lunch: 11:30am-12:30pm Session 2: 1-2:30pm
20	21	22	23	24	25	26
Modern Buddhism for Busy People GP 11-12:15pm Meditation for Kids & Families 11-12:15pm WFJ with food offering 2-3pm	Lunchtime Meditation 12:15-12:45pm Lunch HJ with silent meditation 5-6 pm TTP 6:30-8:30pm	Quick Path (HYT) 12-1:30pm HJ with silent meditation 5-6pm Lakewood Ranch Branch Class 6:30-7:45pm Living Meaningfully Dying Joyfully 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	HJ with silent meditation 12-1pm Dakini Yoga (HYT) 5-6pm TTP 6:30-8:30	The Power to Change 11am-12pm Lunch OSG 5--6:30pm	Garden Party Fundraiser 6-9pm
27	28	29	30			
Modern Buddhism for Busy People GP 11-12:15pm WFJ with food offering 2-3pm	Lunchtime Meditation 12:15-12:45pm Lunch HJ with silent meditation 5-6 pm TTP 6:30-8:30pm	Melodious Drum 10:00-1:30pm Lakewood Ranch Branch Class 6:30-7:45pm Living Meaningfully Dying Joyfully 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			SPECIAL NOTES OSG = Offering to the Spiritual Guide WFJ = Wishfulfilling Jewel HYT = Highest Yoga Tantra empowerment required HJ = Heart Jewel GP = General Program (open to everyone!) FP = Foundation Program TTP = Teacher Training Program