April 2025					neditationinsarasota.org • 730 N W T	
Sun	Mon	TUES	WED	Thurs	FRI	SAT
OLOR KEY:		Ouick Path (HYT) 12-1:30pm	35 Confession Buddhas	HJ with silent meditation	The Power to Change	NKT Dav
pecial classes in blue		HJ with silent meditation 5-6pm	11-11:45am	12-1pm	11am-12pm	
ujas in green Veekly classes in black			Lunchtime Meditation	Dakini Yoga (HYT) 5-6pm	Lunch	Pop-up Beach Meditation
Out of town classes in purple		Lakewood Ranch Branch Class 6:30-7:45pm	12:15-12:45pm Lunch	TTP 6:30-8:30	Powa 6-7pm	Volunteer Recognition Da
		Living Meaningfully Dying Joyfully GP Class 7-8:15pm	HJ with silent meditation 5-6pm	118 6.30-6.30		2-5pm
		, 6.166111	FP 6:30-8:30pm			
6		7 8		10	11	
lodern Buddhism for Busy	Lunchtime Meditation	Quick Path (HYT) 12-1:30pm	35 Confession Buddhas		The Power to Change	
eople GP -12:15pm	12:15-12:45pm Lunch	Tara Prayers 5-6pm	11-11:45am	OSG 4:30-6:00pm	llam-l2pm Lunch	
iz.iopiii		Lakewood Ranch Branch Class	Lunchtime Meditation	·		
VFJ with food offering	HJ with silent meditation 5-6 pm	6:30-7:45pm	12:15-12:45pm Lunch	TTP 6:30-8:30pm	HJ with silent meditation 5-6pm	
-3pm	TTP	Living Meaningfully Dying Joyfully GP Class	HJ with silent meditation		Friday Night Talk: The	
	6:30-8:30pm	7-8:15pm	5-6pm		Scientific Approach to the Art	
			FP 6:30-8:30pm		of Effective Prayer 7-8:30pm	
13	14	4 15	16	17	18	
lodern Buddhism for Busy	Mahayana Precepts:	Buddha's Enlightenment Day	35 Confession Buddhas	HJ with silent meditation	The Power to Change	Transforming Pain With
eople GP -12:15pm	6:30-7:15am	Mahayana Precepts: 6:30-7:15am	11-11:45am	12-1pm	llam-l2pm Lunch	Wisdom Half-Day Course Session 1: 10-11:30am
	Nyungnay Purification Ritual Practice Day 1	Nyungnay Purification Ritual	Lunchtime Meditation 12:15-12:45pm	Dakini Yoga (HYT) 5-6pm	Prayers for World Peace 5-6pm	Lunch: 11:30am-12:30pm
VFJ with food offering	Session 1: 7:15-8:30am	Practice Day 2	Lunch	TTP 6:30-8:30	Prayers for World Peace 5 opin	Session 2. 1 2.30pm
2-3pm	Session 2: 10-11:15am Precepts Lunch: 12:30-1:30pm	Session 1: 7:15-8:30am Session 2: 10-11:15am	HJ with silent meditation			
	Session 3 : 4:00-5:30pm	Precepts Lunch (if applicable): 12:30-1:30pm	5-6pm			
		Session 3 : 4:00-5:30pm	FP 6:30-8:30pm			
		OSG 6:30-8pm				
20	2	1 22	23	24	25	2
odern Buddhism for Busy eople GP	Lunchtime Meditation 12:15-12:45pmpm	Quick Path (HYT) 12-1:30pm	35 Confession Buddhas	HJ with silent meditation	The Power to Change	Garden Party Fundraiser 6-9pm
1-12:15pm	Lunch	HJ with silent meditation 5-6pm			Lunch	6-9pm
leditation for Kids &	HJ with silent meditation	Lakewood Ranch Branch Class	Lunchtime Meditation 12:15-12:45pm	Dakini Yoga (HYT) 5-6pm	OSG 56:30pm	
amilies -12:15pm	5-6 pm	6:30-7:45pm	Lunch	TTP 6:30-8:30		
·	TTP	Living Meaningfully Dying	HJ with silent meditation			
WFJ with food offering 2-3pm	6:30-8:30pm	Joyfully GP Class 7-8:15pm	5-6pm			
			FP 6:30-8:30pm			
27	_	3 29				
lodern Buddhism for Busy eople GP	Lunchtime Meditation 12:15-12:45pmpm	Melodious Drum 10:00-1:30pm	35 Confession Buddhas 11-11:45am		SPECIAL NOTES OSG = Offering to the Spiritual G	uide
11-12:15pm	Lunch	Lakewood Ranch Branch Class			WFJ = Wishfulfilling Jewel	
	HJ with silent meditation	6:30-7:45pm	Lunchtime Meditation 12:15-12:45pm		HYT = Highest Yoga Tantra empowerment required HJ = Heart Jewel GP = General Program (open to everyone!) FP = Foundation Program	
2-3pm	5-6 pm	Living Meaningfully Dying Joyfully GP Class	Lunch			
	TTP	7-8:15pm	HJ with silent meditation		TTP = Teacher Training Program	
	6:30-8:30pm		5-6pm			
	0.50 0.50pm					