

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 GP classes in black Out of town classes in purple	Pop-up Beach Meditation 11-45pm
2	3	4	5	6	7	8	
Modern Buddhism for Busy People GP 11-12:15pm WFJ with food offering 2-3pm	Lunchtime Meditation 12:15-12:45pmpm 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 Change You Can Trust 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	Meditation for Kids & Families 10am-11:45pm Volunteer Day 12-2pm Tara Prayers 5-6pm	
9	10	11	12	13	14	15	
Modern Buddhism for Busy People GP 11-12:15pm WFJ with food offering 2-3pm	Lunchtime Meditation 12:15-12:45pmpm Lunch OSG 3-4:30 pm TTP 6:30-8:30pm	Quick Path (HYT) 12-1:30pm HJ with silent meditation 5-6pm Change You Can Trust 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 6:30-8:30pm	The Power to Change 11am-12pm Lunch Prayers for World Peace 5:30-6:00pm Transform the Way You Love Weekend Retreat with Gen Khedrub Session 1: 7-8:30pm	Transform the Way You Love Weekend Retreat with Gen Khedrub Session 2: 10-11:15am Lunch: 11:30am-12:30pm Session 3: 1-2:15pm Session 4: 3-4:15pm	
16	17	18	19	20	21	22	
Transform the Way You Love Weekend Retreat with Gen Khedrub Session 5: 11-12:30pm Q&A: 12:30-1pm WFJ with food offering 2-3pm	Lunchtime Meditation 12:15-12:45pmpm 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 Change You Can Trust 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 6:30-8:30pm	The Power to Change 11am-12pm Lunch Medicine Buddha Prayers 6-7pm	Protecting Our Future: 35 Confession Buddhas Practice Teaching 1: 10-11:30am Lunch: 11:30am-1pm Teaching 2: 1:30-2:30pm Practice: 3:00-3:45pm	
23	24	25	26	27	28		
Modern Buddhism for Busy People GP 11-12:15pm WFJ with food offering 2-3pm	Lunchtime Meditation 12:15-12:45pmpm Lunch HJ with silent meditation 5-6 pm TTP 6:30-8:30pm	OSG 4-5:30pm Lakewood Ranch Branch Class 6:30-7:45pm Change You Can Trust 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) 4-5pm TTP Exam 5:30-8:30pm	The Power to Change 11am-12pm Lunch Melodious Drum 2-5:30pm		