

June 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	6	7
Anchored in a Wise Heart GP 11-12:15pm Meditation for Kids 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 Only) 12-1:30pm HJ with silent meditation 5-6pm 11 Happiness Habits GP 7-8:15pm	Offering of Our Faith Retreat- Buddha's Turning the Wheel of Dharma Day Session 1: 9-10:30am Session 2: 11:30-1pm Lunch: 1-2pm Session 3: 2:30-4pm OSG: 6:30-8:30pm FP & TTP	HJ with silent meditation 12-1pm Dakini Yoga (HYT Only) 5-6pm	The Power to Change 11am-12pm Lunch Powa 6-7pm	Half-Day Clear Sky Mind Silent Retreat Session 1: 9-10:30am Session 2: 11:00-12:00pm Session 3: 12:30-1:30pm Lunch 1:30-2:30
8	9	10	11	12	13	14
Anchored in a Wise Heart GP 11-12:15pm Meditation for Kids 11-12:15pm WFJ with food offering 2-3pm Tara Prayers 5-6pm	Lunchtime Meditation 12:15-12:45pmpm Lunch HJ with silent meditation 5-6 pm TTP 6:30-8:30pm	OSG with Food Offerings 12-1:30pm 11 Happiness Habits GP 7-8:15pm	35 Confession Buddhas 11-11:45am Lunchtime Meditation 12:15-12:45pm Lunch HJwith silent meditation 5-6pm FP 6:30-8:30pm	HJ with silent meditation 12-1pm Dakini Yoga (HYT Only) 5-6pm TTP 6:30-8:30	The Power to Change 11am-12pm Lunch HJ with silent meditation 5-6pm	
15	16	17	18	19	20	21
Precepts Day Mahayana Precepts 6:30-7:15am (Livestream available) Anchored in a Wise Heart GP 11-12:15pm Meditation for Kids 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 Only) 12-1:30pm HJ with silent meditation 5-6pm 11 Happiness Habits GP 7-8:15pm	35 Confession Buddhas 11-11:45am Lunchtime Meditation 12:15-12:45pm Lunch HJwith silent meditation 5-6pm FP 6:30-8:30pm	HJ with silent meditation 12-1pm Dakini Yoga (HYT Only) 5-6pm TTP 6:30-8:30	The Power to Change 11am-12pm Lunch Prayers for World Peace 5-5:30pm	Unshakable: Confidence from Within Session 1: 10-11:30am Lunch: 11:30am-12:30pm Session 2: 1-2:30
22	23	24	25	26	27	28
Anchored in a Wise Heart GP 11-12:15pm Meditation for Kids 11-12:15pm WFJ with food offering 2-3pm	Lunchtime Meditation 12:15-12:45pmpm Lunch HJ with silent meditation 5-6 pm No TTP - Summer Break	Quick Path (HYT Only) 12-1:30pm HJ with silent meditation 5-6pm 11 Happiness Habits GP 7-8:15pm	35 Confession Buddhas 11-11:45am Lunchtime Meditation 12:15-12:45pm Lunch OSG with Food Offerings 5-6:30pm No FP - Summer Break	HJ with silent meditation 12-1pm Dakini Yoga (HYT Only) 5-6pm	The Power to Change 11am-12pm Lunch Medicine Buddha Prayers 5-6pm	Center Cherishing 10-12pm
29	30					
Anchored in a Wise Heart GP 11-12:15pm Meditation for Kids 11-12:15pm WFJ with food offering 2-3pm	Lunchtime Meditation 12:15-12:45pmpm Lunch HJ with silent meditation 5-6 pm		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 (open to everyone!) FP = Foundation Program TTP = Teacher Training Program	