

January 2026

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

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
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 FP = Foundation Program TTP = Teacher Training Program					
4	5	6	7	8	9	10
Lamrim Retreat Session 4: 9-10:15am Session 5 (Sun Meditation Class) 11am-12:15pm Meditation for Kids 11am-12:15pm Lunch: 12:30-1:30pm Session 6: 2:30-3:45pm Session 7: 4:30-5:45pm Dinner: 6-7pm	Lamrim Retreat Session 8: 9:30-10:45am Session 9: 11:30am-12:45pm Lunch: 1-2pm Session 10: 3-4:15pm Dinner: 6-7pm	Lamrim Retreat Session 11: 9:30-10:45am Session 12: 11:30am-12:45pm Lunch: 1-2pm Session 13: 3-4:15pm Dinner: 6-7pm	Lamrim Retreat Session 14: 9:30 - 10:45am Session 15: 11:30-12:45pm Lunch: 1-2pm WFJ with food offering: 3-4pm Dinner: 6-7pm	Heart Jewel 5-6pm Tara Prayers 5-6pm	Lamrim Retreat with Gen Lhadron Powa 5-6pm Finding the Real Meaning of Our Life Friday Night Talk & Retreat Intro: 7-8:15pm	Lamrim Retreat Session 1: 9:30-10:45am Session 2: 11:30am-12:45pm Lunch: 1-2pm Session 3: 3-4:15pm Dinner: 6-7pm
11	12	13	14	15	16	17
Lojong Retreat Session 3: 9-10:15am Session 4 (Sun Meditation Class) 11am-12:15pm Meditation for Kids 11am-12:15pm Lunch: 12:30-1:30pm Session 5: 2:30-3:45pm Burritos on the Beach: 4:30-Sunset	Lojong Retreat Session 6: 9:30-10:45am Session 7: 11:30am-12:45pm Lunch: 1-2pm Session 8: 3-4:15pm Dinner: 6-7pm	Lojong Retreat Session 9: 9:30-10:45am Session 10: 11:30am-12:45pm Lunch: 1-2pm Session 11: 3-4:15pm Dinner: 6-7pm Who was Buddha? Meditation Class 7-8:15pm	Lojong Retreat Session 12: 9:30 - 10:45am Session 13: 11:30-12:45pm Lunch: 1-2pm WFJ with food offering: 3-4pm Dinner: 6-7pm	Mahayana Precepts 6:30-7:15am Sojong 10am HJ with silent meditation 5-6pm	Tantra Retreat with Kadam Michelle Imagination and Emptiness Friday Night Talk & Retreat Intro: 7-8:15pm	Tantra Retreat Session 1: 9:30-10:45am Session 2: 11:30am-12:45pm Lunch: 1-2pm Session 3: 3-4:15pm Dinner: 6-7pm
18	19	20	21	22	23	24
Tantra Retreat Session 4: 9-10:15am Session 5 (Sun Meditation Class) 11am-12:15pm Meditation for Kids 11am-12:15pm Lunch: 12:30-1:30pm Session 6: 2:30-3:45pm Session 7: 4:30-5:45pm Dinner: 6-7pm	Tantra Retreat Session 8: 9:30-10:45am Session 9: 11:30am-12:45pm Lunch: 1-2pm Session 10: 3-4:15pm Dinner: 6-7pm	Tantra Retreat Session 11: 9:30-10:45am Session 12: 11:30am-12:45pm Lunch: 1-2pm Session 13: 3-4:15pm Dinner: 6-7pm Who was Buddha? Meditation Class 7-8:15pm	Tantra Retreat Session 14: 9:30 - 10:45am Session 15: 11:30-12:45pm Lunch: 1-2pm WFJ with food offering: 3-4pm Dinner: 6-7pm	HJ with silent meditation 5-6pm	The Power to Change 11am-12pm Lunch HJ with Silent Meditation 6-7pm	Simply Meditate 10-10:45am Center Cherishing 11am-1pm
25	26	27	28	29	30	31
Heruka Day How to Think Like a Meditator Meditation Class 11-12:15pm Meditation for Kids 11-12:15pm OSG with food offering 2-3:30pm	Lunchtime Meditation 12:15-12:45pm Lunch HJ with silent meditation 5-6pm	Quick Path (HYT) 12-1:30pm HJ with silent meditation 5-6pm Who was Buddha? Meditation Class 7-8:15pm	35 Confession Buddhas 11-11:45am Lunchtime Meditation 12:15-12:45pm Lunch HJ with silent meditation 5-6pm	Melodious Drum 2-5:30pm	The Power to Change 11am-12pm Lunch Medicine Buddha Prayers 6-7pm	