

BODHISATTVA KADAMPA MEDITATION CENTRE

TIMETABLE FEB 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Jan	28 Jan	29 Jan	30 Jan	31 Jan	01 Feb	02 Feb
						Buddha Amitayus Retreat
10am-1pm FP exam 10-11.15am Prayers for World Peace (free meditation class) 7-8pm WFJ (chanted prayers)	7-8.40am Quick Path 7-8pm WFJ (chanted prayers)	7-8.40am Quick Path 11am-12pm Intro to Meditation 2-5.30pm Melodious Drum 7-8.15pm Introduction to Meditation 7-9pm FP	7-8.40am Quick Path 7.30-8.30am Heart Jewel 11-11.30am Morning Meditation 12.30-1pm Lunchtime Meditation 6.30-8.30pm TTP	7-8.40am Quick Path 7.30-8.30am Heart Jewel 7-8.30pm "Free from negativity" class	7-8.40am Quick Path 7.30-8.30am Heart Jewel 12.30-1pm Lunchtime Meditation 7-8pm Powa	9-10.15am Session 1 11.45am-1pm Session 2 4-5.15pm Session 3 7-8.30pm Wishfulfilling Jewel with offerings
03 Feb	04 Feb	05 Feb	06 Feb	07 Feb	08 Feb	09 Feb
						Day Course
9am-1pm FP 10-11.15am Prayers for World Peace (free meditation class) 4-5pm Heart Jewel 6.30-8.30pm TTP	7-8.40am Quick Path 7-8pm WFJ (chanted prayers)	7-8.40am Quick Path 7-7.30am 35 confession Buddhas 7.30-8.30am Heart Jewel 11am-12pm Intro to Meditation 7-8.15pm Introduction to Meditation 7-9pm FP	7-8.40am Quick Path 7.30-8.30am Heart Jewel 11-11.30am Morning Meditation 12.30-1pm Lunchtime Meditation 6.30-8.30pm TTP	7-8.40am Quick Path 7.30-8.30am Heart Jewel 10.30-11.15am Parents & Toddlers 7-8.30pm "Free from negativity" class	7-8.40am Quick Path 7.30-8.30am Heart Jewel 12.30-1pm Lunchtime Meditation 2-3pm Tara Prayers	10am-4pm Love without pain (10-11.15am, 12-1pm, 2.30-4pm) 7-8pm Wishfulfilling jewel with offerings
10 Feb	11 Feb	12 Feb	13 Feb	14 Feb	15 Feb	16 Feb
					Southern Dharma Celebration in London	
9am-1pm FP 10-11.15am Prayers for World Peace (free meditation class) 4-5pm Heart Jewel 6.30-8.30pm OSG	9am-1pm Self-initiation 7-8pm WFJ (chanted prayers)	7-8.40am Quick Path 7-7.30am 35 confession Buddhas 7.30-8.30am Heart Jewel 11am-12pm Intro to Meditation 7-8.15pm Introduction to Meditation 7-9pm FP	7-8.40am Quick Path 7.30-8.30am Heart Jewel 11-11.30am Morning Meditation 12.30-1pm Lunchtime Meditation 6.30-8.30pm TTP	7-8.40am Quick Path 7.30-8.30am Heart Jewel 10.30-11.15am Parents & Toddlers 7-8.30pm "Free from negativity" class	7-8.40am Quick Path 7.30-8.30am Heart Jewel 12.30-1pm Lunchtime Meditation	7-8pm Heart Jewel
17 Feb	18 Feb	19 Feb	20 Feb	21 Feb	22 Feb	23 Feb
					Weekend Course / Day Course : Worrier to Warrior	
4-5pm Heart Jewel 6.30-8.30pm TTP	7-8.40am Quick Path 7-8pm WFJ (chanted prayers)	7-8.40am Quick Path 7-7.30am 35 confession Buddhas 7.30-8.30am Heart Jewel 11am-12pm Intro to Meditation 7-8.15pm Introduction to Meditation 7-9pm FP	7-8.40am Quick Path 7.30-8.30am Heart Jewel 11-11.30am Morning Meditation 12.30-1pm Lunchtime Meditation 6.30-8.30pm TTP	7-8.40am Quick Path 7.30-8.30am Heart Jewel 10.30-11.15am Parents & Toddlers 4.15-5.15pm Kids Class 7-8.30pm "Free from negativity" class	7-8.40am Quick Path 7.30-8.30am Heart Jewel 12.30-1pm Lunchtime Meditation 7.30pm-8.30pm: Introduction retreat	10am-11.15am: Retreat Session 12pm-1pm: Retreat Session 2.30pm-4pm: Retreat Session 7-8pm Wishfulfilling jewel with offerings
24 Feb	25 Feb	26 Feb	27 Feb	28 Feb	01 Mar	02 Mar
9am-1pm FP 9.30am-10.30am: Retreat Session 11.30am-12.30pm: Retreat Session 4-5pm Heart Jewel 6.30-8.30pm TTP	7-8.40am Quick Path 7.30-8.30am Heart Jewel 7-8.30pm OSG	7-8.40am Quick Path 7-7.30am 35 confession Buddhas 7.30-8.30am Heart Jewel 11am-12pm Intro to Meditation 7-8.15pm Introduction to Meditation 7-9pm FP	7-8.40am Quick Path 7.30-8.30am Heart Jewel 11-11.30am Morning Meditation 12.30-1pm Lunchtime Meditation 6.30-8.30pm TTP	7-8.40am Quick Path 10.30-11.15am Parents & Toddlers 2-5.30pm Melodious Drum 7-8.30pm "Free from negativity" class	7-8.40am Quick Path 7.30-8.30am Heart Jewel 12.30-1pm Lunchtime Meditation	7-8.30pm WFJ with offerings

KEY: OSG = Offering to the Spiritual Guide; WFJ = Wishfulfilling Jewel; Melodious Drum = Long Protector Prayers; Powa = Prayers for the Recently Deceased (Transfer of Consciousness); Quick Path: open to those with HYT empowerment; Precepts = Mahayana Precepts, taken for 24 h: Please ask for more details. All Welcome. FP = Foundation Programme (registered students only); TTP = Teacher Training Programme (registered students only).