

Jul-21						
Date	Day		Event			
1	Thurs					
2	Fri					
3	Sat	4pm	Teacher Student Relationship / Guided Meditation			
4	Sun	4pm	Meaning of Sangha / Guided Meditation			
5	Mon		Guided Meditation			
6	Tues					
7	Wed		Introduction: Buddhism in the Modern World / Guided Meditation			
8	Thurs					
9	Fri					
10	Sat					
11	Sun		Guided Meditation			
12	Mon		Guided Meditation			
13	Tues					
14	Wed		Buddhist movie / Teaching - "Journey to Bhutan" Prt 2 / Guided Meditation			
15	Thurs					
16	Fri					
17	Sat					
18	Sun		Guided Meditation			
19	Mon		Guided Meditation			
20	Tues					
21	Wed		Meditation / Guided Meditation			
22	Thurs					
23	Fri					
24	Sat					
25	Sun		Guided Meditation			
26	Mon		Guided Meditation			
27	Tues					
28	Wed		Short Talk / Guided Meditation			
29	Thurs					
30	Fri					
31	Sat					

Regular Program (free of cost): Monday & Wednesday -7:30pm Sunday – 5:30pm *guided meditation - 30min

*max of 1.5hr per evening

Monday - Guided meditation

1st Wednesday of the month – Lecture (1hr):
"Introduction to Buddhism" & guided meditation

Aug-21							
Date	Day		Event				
1	Sun		Guided Meditation				
2	Mon		Guided Meditation				
3	Tues						
4	Wed		Introduction: What is Diamond Way Buddhism / Guided Meditation				
5	Thurs						
6	Fri						
7	Sat		TBA (Global DW course)				
8	Sun		Guided Meditation				
9	Mon		Guided Meditation				
10	Tues						
11	Wed		Buddhist movie - Karma / Guided Meditation				
12	Thurs						
13	Fri						
14	Sat		TBA (Global DW course)				
15	Sun		Guided Meditation				
16	Mon		Guided Meditation				
17	Tues						
18	Wed		Working with Distubing Emotions / Guided Meditation				
19	Thurs						
20	Fri						
21	Sat						
22	Sun		Guided Meditation				
23	Mon		Guided Meditation				
24	Tues						
25	Wed		Short Talk / Guided Meditation				
26	Thurs						
27	Fri						
28	Sat						
29	Sun		Guided Meditation				
30	Mon		Guided Meditation				
31	Tues						

2nd Wednesday of the month – Buddhist movie screening / teaching (30min – 1hr) & guided meditation

3rd Wednesday of the month – Lecture (1hr) on Buddhist topic & guided meditation

4&5th Wednesday of the month – Short talk (10 min)

on Buddhist topic & guided meditation

Sunday 5:30pm - guided meditation

*times for special events, detailed below *

			Sep-21
Date	Day		Event
1	Wed		Introduction: The 3 Levels in
			Buddhism / Guided Meditation
2	Thurs		
3	Fri		
4	Sat		
5	Sun		Guided Meditation
6	Mon		Guided Meditation
7	Tues		
8	Wed		Buddhist movie - Death and Rebirtl / Guided Meditation
9	Thurs		y duided Meditation
10	Fri		
11	Sat		
12	Sun		Guided Meditation
13	Mon		Guided Meditation
14	Tues		
15	Wed		Love and Partnership / Guided Meditation
16	Thurs		
17	Fri		
18	Sat		Guided Meditation
19	Sun		Guided Meditation
20	Mon		
21	Tues		
22	Wed		Short Talk / Guided Meditation
23	Thurs		
24	Fri		
25	Sat	Ì	
26	Sun		Guided Meditation
27	Mon		Guided Meditation
28	Tues		
29	Wed		Short Talk / Guided Meditation
			S.I.S. C. Talk / Guidea Hieditation