

Jan-22 Date Day Event Sat 2 Sun Guided Meditation 3 Mon **Guided Meditation** 4 Tues 5 Wed Introduction to Buddhism 6 Thurs 7 Fri 8 Sat 9 Sun Guided Meditation Mon Guided Meditation 10 11 Tues Buddhist movie / Guided 12 Wed Meditation 13 Thurs 14 Fri 15 Sat 16 Sun Guided Meditation Guided Meditation 17 Mon 18 Tues 19 Wed Lecture / Guided Meditation Thurs 20 21 Fri 22 Sat 23 Sun Guided Meditation 24 Mon **Guided Meditation** 25 Tues Short Talk / Guided Meditation 26 Wed 27 Thurs 28 Fri 29 Sat 30 Sun Guided Meditation 31 Mon Guided Meditation

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):

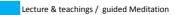
"Introduction to Buddhism" & guided meditation

	Feb-22				
Date	Day		Event		
1	Tues				
2	Wed		Introduction to Buddhism		
3	Thurs				
4	Fri				
5	Sat				
6	Sun		Guided Meditation		
7	Mon		Guided Meditation		
8	Tues				
9	Wed		Buddhist movie / Guided Meditation		
10	Thurs				
11	Fri				
12	Sat				
13	Sun		Guided Meditation		
14	Mon		Guided Meditation		
15	Tues				
16	Wed		Lecture / Guided Meditation		
17	Thurs				
18	Fri				
19	Sat				
20	Sun		Guided Meditation		
21	Mon		Guided Meditation		
22	Tues				
23	Wed		Short Talk / Guided Meditation		
24	Thurs				
25	Fri				
26	Sat				
27	Sun		Guided Meditation		
28	Mon		Guided Meditation		

2nd Wednesday of the screening / teaching meditation
3rd Wednesday of the

3rd Wednesday of th Buddhist topic & guic 4&5th Wednesday o on Buddhist topic & § Sunday 5:30pm - gui \*times for special eve

Date	Day	
1	Tues	
2	Wed	
3	Thurs	
4	Fri	
5	Sat	
6	Sun	
7	Mon	
8	Tues	
9	Wed	
10	Thurs	
11	Fri	
12	Sat	
13	Sun	
14	Mon	
15	Tues	
16	Wed	
17	Thurs	
18	Fri	
19	Sat	
20	Sun	
21	Mon	
22	Tues	
23	Wed	
24	Thurs	
25	Fri	
26	Sat	
27	Sun	
28	Mon	
29	Tues	
30	Wed	





he month – Buddhist movie (30min – 1hr) & guided

he month – Lecture (1hr) on ded meditation f the month – Short talk (10 min) guided meditation ded meditation ents, detailed below\*

Mar-22				
Event				
Introduction to Buddhism				
Guided Meditation				
Guided Meditation				
Buddhist movie / Guided				
Meditation				
Guided Meditation				
Guided Meditation				
Guidea Weditation				
Lecture / Guided Meditation				
Guided Meditation				
Guided Meditation				
Short Talk / Guided Meditation				
Guided Meditation				
Guided Meditation				
Short Talk / Guided Meditation				

talk & guided meditation