

# NOVEMBER 2018

Everybody welcome!



839 Ellice Ave. Winnipeg, MB, 204-691-3323  
www.meditateinwinnipeg.org

<b>cyan:</b>	Open Hours (FREE)
<b>black:</b>	Drop-in Meditation Classes (GP)
<b>red:</b>	Special Courses, Events and Retreats
<b>blue:</b>	In-depth Study Program: Foundation (FP)
<b>green:</b>	Puja - Chanted Prayers in English (FREE)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 11am-12pm SIMPLY MEDITATE  1-4pm Open Hours  5-6pm Heart Jewel Prayers & Meditation  7-8pm SIMPLY MEDITATE	2 12:15-12:45 pm Lunchtime meditation	3 INTERNATIONAL TEMPLES DAY  OPEN HOUSE 11AM-2PM
			4 10:30-12:30pm FP Class	5 12:15-12:45 pm Lunchtime meditation  1-4pm Open Hours  5-6pm Heart Jewel Prayers & Meditation  7-8:30pm MEDITATION & MODERN BUDDHISM	6 In BRANDON @ Lady of the Lake 3-4pm SIMPLY MEDITATE 6-7:15pm MEDITATION & MODERN BUDDHISM	7 Tara Day 8 11am-12pm SIMPLY MEDITATE  1-4pm Open Hours  5-6pm Heart Jewel Prayers & Meditation  7-8pm SIMPLY MEDITATE
11 10:30-12:30pm FP Class  2-3pm POWA	12 12:15-12:45 pm Lunchtime meditation  1-4pm Open Hours  5-6pm Heart Jewel Prayers & Meditation  7-8:30pm MEDITATION & MODERN BUDDHISM	13 12:15-12:45 pm Lunchtime meditation  1-4pm Open Hours  5-6pm Heart Jewel Prayers & Meditation  7-8:30pm MEDITATION & MODERN BUDDHISM	14 In BRANDON @ Lady of the Lake 3-4pm SIMPLY MEDITATE 6-7:15pm MEDITATION & MODERN BUDDHISM	15 11am-12pm SIMPLY MEDITATE  1-4pm Open Hours  5-6pm Heart Jewel Prayers & Meditation  7-8pm SIMPLY MEDITATE	16 12:15-12:45 pm Lunchtime meditation	17 Away Retreat: Stillness Within  IMPROVING CONCENTRATION BEAUSEJOUR
18 Away Retreat: Stillness Within BEAUSEJOUR	19 12:15-12:45 pm Lunchtime meditation  1-4pm Open Hours  5-6pm Heart Jewel Prayers & Meditation  7-8:30pm MEDITATION & MODERN BUDDHISM	20 12:15-12:45 pm Lunchtime meditation  1-4pm Open Hours  5-6pm Heart Jewel Prayers & Meditation  7-8:30pm MEDITATION & MODERN BUDDHISM	21 In BRANDON @ Lady of the Lake 3-4pm SIMPLY MEDITATE 6-7:15pm MEDITATION & MODERN BUDDHISM 7:30-8:30pm Brandon FREE PUBLIC TALK & MEDITATION	22 11am-12pm SIMPLY MEDITATE  1-4pm Open Hours  5-6pm Heart Jewel Prayers & Meditation  7-8pm SIMPLY MEDITATE	23 12:15-12:45 pm Lunchtime meditation	24
25 10:30-12:30pm FP Class  2-3pm Prayers for World Peace  5-7pm Offering to the Spiritual Guide Prayers & Offerings	26 12:15-12:45 pm Lunchtime meditation  1-4pm Open Hours  5-6pm Heart Jewel Prayers & Meditation  7-8:30pm MEDITATION & MODERN BUDDHISM	27 12:15-12:45 pm Lunchtime meditation  1-4pm Open Hours  5-6pm Heart Jewel Prayers & Meditation  7-8:30pm MEDITATION & MODERN BUDDHISM	28 In BRANDON @ Lady of the Lake 3-4pm SIMPLY MEDITATE 6-7:15pm MEDITATION & MODERN BUDDHISM	29 11am-12pm SIMPLY MEDITATE  1-4pm Open Hours  5-6pm Heart Jewel Prayers & Meditation  7-8pm SIMPLY MEDITATE	30 12:15-12:45 pm Lunchtime meditation  7:30-8:30pm Wishfulfilling Jewel Prayers & Offerings	