


DECEMBER 2018

Everybody welcome!



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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10am-1pm Open Hours
						2 LEARN TO MEDITATE HALF DAY COURSE 1-4PM
2 10:30am-12:30pm FP Class	3	4 12:15-12:45 pm Lunchtime meditation 1-4pm Open Hours 5-6pm Heart Jewel Prayers & Meditation 7-8:30pm Meditation & Modern Buddhism	5 In BRANDON @Lady of the Lake 3-4pm Simply Meditate 6-7:15pm Meditation & Modern Buddhism	6 11am-12pm Simply Meditate 1-4pm Open Hours 5-6pm Heart Jewel Prayers & Meditation 7-8pm Simply Meditate	7 12:15-12:45pm Lunchtime Meditation 1-4pm Open Hours	8 Tara Day 10am-1pm Open Hours PRACTICE FOR THE HOLIDAYS HALF DAY COURSE 1-4PM 6-7pm Tara Puja
9 10:30am-12:30pm FP Class 2-3pm Powa (prayers for the deceased)	10 6-8pm Offering to the Spiritual Guide Prayers & Offerings	11 12:15-12:45 pm Lunchtime meditation 1-4pm Open Hours 5-6pm Heart Jewel Prayers & Meditation 7-8:30pm Meditation & Modern Buddhism	12 In BRANDON @Lady of the Lake 3-4pm Simply Meditate 6-7:15pm Meditation & Modern Buddhism	13 11am-12pm Simply Meditate 1-4pm Open Hours 5-6pm Heart Jewel Prayers & Meditation 7-8pm Simply Meditate	14 12:15-12:45pm Lunchtime Meditation 1-4pm Open Hours 7-8pm Wishfulfling Jewel Prayers & Offerings	15 10am-4pm Open Hours
16 10:30am-12:30pm FP Class	17	18	19	20	21	22
Holiday Potluck 1-4pm	MERRY CHRISTMAS & HAPPY HOLIDAYS! CENTRE CLOSED DEC 17th-30th					
23	24	25	26	27	28	29
MERRY CHRISTMAS & HAPPY HOLIDAYS! CENTRE CLOSED DEC 17th-30th						
30 CENTRE CLOSED	31 ALTERNATIVE NEW YEARS' EVE CELEBRATION 9:30pm-12:30am	JAN 1 OPEN HOUSE & PUBLIC TALK 2:30-5:30pm	JAN 2 1-4pm Open Hours 5-6pm Heart Jewel Prayers & Meditation	JAN 3 1-4pm Open Hours 5-6pm Heart Jewel Prayers & Meditation	JAN 4 1-4pm Open Hours	JAN 5 24 HR TARA RETREAT JAN 4th 8pm JAN 5th 12am, 4am, 8am, 12pm, 4pm