

JANUARY 2019

Everybody welcome!



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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 OPEN HOUSE & PUBLIC TALK 2:30-5:30pm	2 1-4pm Open Hours 5-6pm Heart Jewel Prayers & Meditation	3 1-4pm Open Hours 5-6pm Heart Jewel Prayers & Meditation	4 1-4pm Open Hours 24 HR TARA RETREAT INTRODUCTION 7:30pm Session One 8pm	5 24 HR TARA RETREAT Session Two 12am Session Three 4am Session Four 8am Session Five 12pm Session Six 4pm
		6	7 Tara Day 8 12:15-12:45 pm Lunchtime meditation 1-4pm Open Hours 5-6pm Tara Prayers & Mantra Recitation 7-8:30pm Meditation & Modern Buddhism	9 In BRANDON @Lady of the Lake 3-4pm Simply Meditate 7-8:15pm Meditation & Modern Buddhism	10 Tsog Day 11am-12pm Simply Meditate 1-4pm Open Hours 4-6pm Offering to the Spiritual Guide Prayers & Offerings 7-8pm Simply Meditate	11 12:15-12:45pm Lunchtime Meditation
13 2-3pm Powa (prayers for the recently deceased)	14	15 12:15-12:45 pm Lunchtime meditation 1-4pm Open Hours 5-6pm Heart Jewel Prayers & Meditation 7-8:30pm Meditation & Modern Buddhism	16 In BRANDON @Lady of the Lake 3-4pm Simply Meditate 7-8:15pm Meditation & Modern Buddhism	17 11am-12pm Simply Meditate 1-4pm Open Hours 5-6pm Heart Jewel Prayers & Meditation 7-8pm Simply Meditate	18 12:15-12:45pm Lunchtime Meditation MAHAMUDRA URBAN RETREAT INTRODUCTION 7-8:30pm	19 MAHAMUDRA URBAN RETREAT SILENCE until Lunch Session One 8:45-10am Session Two 11am-12:15pm Session Three 2:15-3:30pm Session Four 4:30-6pm
20 MAHAMUDRA URBAN RETREAT SILENCE until Lunch Session One 8:45-10am Session Two 11am-12:15pm Session Three 2:15-3:30pm Session Four 4:30-6pm	21	22 12:15-12:45 pm Lunchtime meditation 1-4pm Open Hours 5-6pm Heart Jewel Prayers & Meditation 7-8:30pm Meditation & Modern Buddhism	23 In BRANDON @Lady of the Lake 3-4pm Simply Meditate 7-8:15pm Meditation & Modern Buddhism	24 11am-12pm Simply Meditate 1-4pm Open Hours 5-6pm Heart Jewel Prayers & Meditation 7-8pm Simply Meditate	25 Tsog Day 12:15-12:45pm Lunchtime Meditation 7-8:30pm Offering to the Spiritual Guide Prayers & Offerings	26 MOVIE & DINNER FUNDRAISER 5:30-9:00pm
27 INTRODUCTION TO IN-DEPTH STUDY 10:30am-12:30pm Foundation Program 2-3pm Prayers for World Peace	28	29 Protector Day 12:15-12:45 pm Lunchtime meditation 1-4pm Open Hours 4:30-6pm Wishfulfilling Jewel Prayers & Offerings 7-8:30pm Meditation & Modern Buddhism	30 In BRANDON @Lady of the Lake 3-4pm Simply Meditate 7-8:15pm Meditation & Modern Buddhism	31 11am-12pm Simply Meditate 1-4pm Open Hours 5-6pm Heart Jewel Prayers & Meditation 7-8pm Simply Meditate	FEB 1 12:15-12:45pm Lunchtime Meditation	2 AMITAYUS LONG LIFE RETREAT THREE SESSIONS: Session One 10:30am-12pm Session Two 2-3:15pm Session Three 4:15-5:30pm