

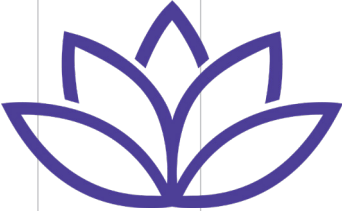
# FEBRUARY 2019

Everybody welcome!

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



839 Ellice Ave. Winnipeg, MB, 204-691-3323  
[www.meditateinwinnipeg.org](http://www.meditateinwinnipeg.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					12:15-12:45pm Lunchtime Meditation	<b>AMITAYUS DAY RETREAT</b> (to increase lifespan, wisdom & merit) 9-10:15am 11:15-12:30pm 3-4:15pm
3	4	5	6	7	8	9
10:30am- 12:30pm Indepth Study Program Class		12:15-12:45 pm Lunchtime meditation  1-4pm Open Hours  5-6pm Heart Jewel Prayers & Meditation  7-8:30pm Meditation & Modern Buddhism	In BRANDON @Lady of the Lake 3-4pm Simply Meditate 7-8:15pm Meditation & Modern Buddhism	11am-12pm Simply Meditate  1-4pm Open Hours  5-6pm Heart Jewel Prayers & Meditation  7-8pm Simply Meditate	Tara Day 12:15-12:45pm Lunchtime Meditation  7-8pm Tara Puja with mantra recitation	
10	11	12	13	14	15	16
10:30am- 12:30pm Indepth Study Program Class  2-3pm Powa (prayers for the deceased)  5-7pm Offering to the Spiritual Guide with food offerings		12:15-12:45 pm Lunchtime meditation  1-4pm Open Hours  5-6pm Heart Jewel Prayers & Meditation  7-8:30pm Meditation & Modern Buddhism	In BRANDON @Lady of the Lake 3-4pm Simply Meditate 7-8:15pm Meditation & Modern Buddhism	11am-12pm Simply Meditate  1-4pm Open Hours  5-6pm Heart Jewel Prayers & Meditation  7-8pm Simply Meditate	12:15-12:45pm Lunchtime Meditation	<b>LEARN TO MEDITATE</b> HALF DAY COURSE 1-4PM
17	18	19	20	21	22	23
10:30am- 12:30pm Indepth Study Program Class		12:15-12:45 pm Lunchtime meditation  1-4pm Open Hours  5-6pm Heart Jewel Prayers & Meditation  7-8:30pm Meditation & Modern Buddhism	In BRANDON @Lady of the Lake 3-4pm Simply Meditate 7-8:15pm Meditation & Modern Buddhism	11am-12pm Simply Meditate  1-4pm Open Hours  5-6pm Heart Jewel Prayers & Meditation  7-8pm Simply Meditate	12:15-12:45pm Lunchtime Meditation	<b>HOW TO BE CALM IN THE STORM</b> DAY COURSE 10-4PM
24	25	26	27	28	MARCH 1	2
10:30am- 12:30pm Indepth Study Program Class  2-3pm Prayers for World Peace	5-7pm Offering to the Spiritual Guide with food offerings	12:15-12:45 pm Lunchtime meditation  1-4pm Open Hours  5-6pm Heart Jewel Prayers & Meditation  7-8:30pm Meditation & Modern Buddhism	In BRANDON @Lady of the Lake 3-4pm Simply Meditate 7-8:15pm Meditation & Modern Buddhism	11am-12pm Simply Meditate  1-4pm Open Hours  7-8pm Simply Meditate	12:15-12:45pm Lunchtime Meditation  7-8:30pm Wishfulfilling Jewel Prayers with food offerings	