

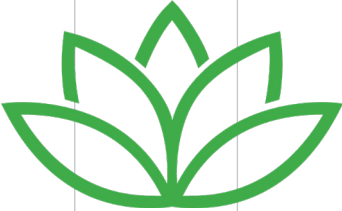
# MARCH 2019

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>fuchsia:</b> | In-depth Study Program: Foundation (FP)  |
| <b>green:</b>   | Puja - Chanted Prayers in English (FREE) |

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  |
|---|--|--|---|---|--|---|
|    |  |  |   |   | 1<br>12:15-12:45pm<br>Lunchtime<br>Meditation<br><br>7-8:30pm<br>Wishfulfling<br>Jewel Prayers<br>with offerings | 2   |
| 3<br><br>10:30am-12:30pm<br>Indepth Study<br>Program Class  | 4  | 5<br>12:15-12:45 pm<br>Lunchtime meditation<br>1-4pm<br>Open Hours<br><br>5-6pm Heart Jewel<br>Prayers & Meditation<br>7-8:30pm Meditation &<br>Modern Buddhism  | 6<br><br>In BRANDON<br>@ Lady of the Lake<br>3-4pm<br>Simply Meditate<br>7-8:15pm<br>Meditation &<br>Modern Buddhism  | 7<br><br>PUBLIC TALK<br>Choose Happiness<br>with Gen-la Khyenrab<br>IN VANCOUVER  | 8<br><br>WESTERN CANADA<br>DHARMA CELEBRATION<br>IN VANCOUVER<br>MARCH 8-10                                      |   |
| 10<br><br>WESTERN<br>CANADA<br>DHARMA<br>CELEBRATION<br>IN VANCOUVER  | 11   | 12<br>12:15-12:45 pm<br>Lunchtime meditation<br>1-4pm<br>Open Hours<br><br>5-6pm Heart Jewel<br>Prayers & Meditation<br>7-8:30pm Meditation &<br>Modern Buddhism | 13<br><br>In BRANDON<br>@ Lady of the Lake<br>3-4pm<br>Simply Meditate<br>7-8:15pm<br>Meditation &<br>Modern Buddhism | 14<br>11am-12pm<br>Simply Meditate<br>1-4pm<br>Open Hours<br><br>5-6pm Wishfulfling<br>Jewel & Meditation<br>7-8pm<br>Simply Meditate                   | 15<br>12:15-12:45pm<br>Lunchtime<br>Meditation   | 16<br><br>ADVICE FROM<br>THE HEART<br>HALF DAY COURSE<br>1-4PM  |
| 17<br><br>10:30am-12:30pm<br>Indepth Study<br>Program Class   | 18   | 19<br>12:15-12:45 pm<br>Lunchtime meditation<br>1-4pm<br>Open Hours<br><br>5-6pm Heart Jewel<br>Prayers & Meditation<br>7-8:30pm Meditation &<br>Modern Buddhism | 20<br><br>In BRANDON<br>@ Lady of the Lake<br>3-4pm<br>Simply Meditate<br>7-8:15pm<br>Meditation &<br>Modern Buddhism | 21<br>11am-12pm<br>Simply Meditate<br>1-4pm<br>Open Hours<br><br>5-6pm Wishfulfling<br>Jewel & Meditation<br>7-8pm<br>Simply Meditate                   | 22<br>12:15-12:45pm<br>Lunchtime<br>Meditation   | 23<br><br>LIVING<br>MEANINGFULLY<br>DYING JOYFULLY<br>DAY COURSE<br>10-4PM<br>(includes<br>3:15pm Powa<br>practice for<br>the deceased) |
| 24<br>10:30am-12:30pm<br>Indepth Study<br>Program Class<br>2-3pm Prayers<br>for World<br>Peace<br><br>10:30am-<br>12:30pm<br>Indepth Study<br>Program Class | 25<br>7-8:30pm<br>Offering to<br>the Spiritual<br>Guide with<br>food offerings | 26<br>12:15-12:45 pm<br>Lunchtime meditation<br>1-4pm<br>Open Hours<br><br>5-6pm Heart Jewel<br>Prayers & Meditation<br>7-8:30pm Meditation &<br>Modern Buddhism | 27<br><br>In BRANDON<br>@ Lady of the Lake<br>3-4pm<br>Simply Meditate<br>7-8:15pm<br>Meditation &<br>Modern Buddhism | 28<br>11am-12pm<br>Simply Meditate<br>1-4pm<br>Open Hours<br><br>5-6pm Wishfulfling<br>Jewel Prayers with<br>food offerings<br>7-8pm<br>Simply Meditate | 29<br>12:15-12:45pm<br>Lunchtime<br>Meditation   | 30  |
| 31  |  |  |   |   |  |   |