

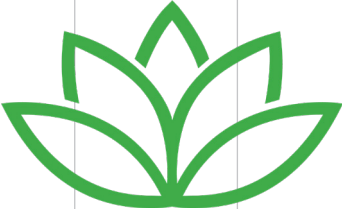
# MARCH 2019

Everyone 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 12:15-12:45pm Lunchtime Meditation  7-8:30pm Wishfulfilling Jewel Prayers with offerings	2
3  10:30am-12:30pm In-depth Study Program Class	4	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  In BRANDON @ Lady of the Lake 7-8:30pm Meditation & Modern Buddhism	7  PUBLIC TALK Choose Happiness with Gen-la Khyenrab IN VANCOUVER	8  WESTERN CANADA DHARMA CELEBRATION IN VANCOUVER MARCH 8-10	
10  WESTERN CANADA DHARMA CELEBRATION IN VANCOUVER	11	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	14 11am-12pm Simply Meditate  1-4pm Open Hours  5-6pm Wishfulfilling Jewel & Meditation  7-8pm Simply Meditate	15 12:15-12:45pm Lunchtime Meditation	16  ADVICE FROM THE HEART HALF DAY COURSE 1-4PM
17  10:30am-12:30pm In-depth Study Program Class	18	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  In BRANDON @ Lady of the Lake 3-4pm Simply Meditate  In BRANDON @ Lady of the Lake 7-8:30pm Meditation & Modern Buddhism	21 11am-12pm Simply Meditate  1-4pm Open Hours  5-6pm Wishfulfilling Jewel & Meditation  7-8pm Simply Meditate	22 12:15-12:45pm Lunchtime Meditation	23  LIVING MEANINGFULLY DYING JOYFULLY DAY COURSE 10-4PM (includes 3:15pm Powa Ceremony for the deceased)
24 10:30am-12:30pm In-depth Study Program Class 2-3pm Prayers for World Peace  10:30am- 12:30pm In-depth Study Program Class	25 7-8:30pm Offering to the Spiritual Guide with food 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  7-8pm Wishfulfilling Jewel Prayers with food offerings	28 11am-12pm Simply Meditate  1-4pm Open Hours  5-6pm Wishfulfilling Jewel & Meditation  7-8pm Simply Meditate	29 12:15-12:45pm Lunchtime Meditation	30
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