

APRIL 2019

Everyone welcome!

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



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		12:15-12:45 pm Lunchtime meditation 1-4pm Open Hours 5-6pm Heart Jewel & Silent Meditation 7-8:30pm Meditation & Modern Buddhism	In BRANDON @Lady of the Lake 3-4pm Simply Meditate In BRANDON @Lady of the Lake 7-8:pm Meditation & Modern Buddhism	11am-12pm Simply Meditate 1-4pm Open Hours 5-6pm Wishfulfilling Jewel & Meditation 7-8pm Simply Meditate	12:15-12:45pm Lunchtime Meditation	LEARN TO MEDITATE HALF DAY COURSE 1-4PM
7	Tara Day 8	9	10	11	12	13
10:30am-12:30pm In-depth Study Program Class	7pm Tara Prayers & mantra recitation	12:15-12:45 pm Lunchtime meditation 1-4pm Open Hours 5-6pm Heart Jewel & Silent Meditation 7-8:30pm Meditation & Modern Buddhism	7-8:30pm Offering to the Spiritual Guide with food offerings	11am-12pm Simply Meditate 1-4pm Open Hours 5-6pm Wishfulfilling Jewel & Meditation 7-8pm Simply Meditate	12:15-12:45pm Lunchtime Meditation 2nd Year ANNIVERSARY OPEN HOUSE 2-4pm, 6-8pm	NYUNGDAY Purification & Fasting Retreat 6:30am-4pm
14	Buddha's Enlightenment Day 15	16	17	18	19	20
10:30am-12:30pm In-depth Study Program Class 2-3pm Powa Ceremony: practice for the deceased	7-8:30pm Offering to the Spiritual Guide with food offerings	12:15-12:45 pm Lunchtime meditation 1-4pm Open Hours 5-6pm Heart Jewel & Silent Meditation 7-8:30pm Meditation & Modern Buddhism	In BRANDON @Lady of the Lake 3-4pm Simply Meditate In BRANDON @Lady of the Lake 7-8:30pm Meditation & Modern Buddhism	11am-12pm Simply Meditate 1-4pm Open Hours 5-6pm Wishfulfilling Jewel & Meditation 7-8pm Simply Meditate	12:15-12:45pm Lunchtime Meditation	CENTRE CHERISHING Cleaning & Maintenance Day 10-3PM free pizza!
21	22	23	24	25	26	27
10:30am-12:30pm In-depth Study Program Class		12:15-12:45 pm Lunchtime meditation 1-4pm Open Hours 5-6pm Heart Jewel & Silent Meditation 7-8:30pm Meditation & Modern Buddhism		11am-12pm Simply Meditate 1-4pm Open Hours PUBLIC TALK WITH GEN DELEK The Healing Power of Meditation 7:30-9PM	12:15-12:45pm Lunchtime Meditation 7-8:30pm Offering to the Spiritual Guide with food offerings	LIVING LIGHTLY DAY RETREAT with Gen Delek & Gen Rigden Meditation & Mindfulness on the True Nature of Things 9:30am-4:30pm
28	29	30				
10:30am-12:30pm In-depth Study Program Class 2-3pm Prayers for World Peace	7-8:30pm Wishfulfilling Jewel Prayers with offerings	12:15-12:45 pm Lunchtime meditation 1-4pm Open Hours 5-6pm Heart Jewel & Silent Meditation 7-8:30pm Meditation & Modern Buddhism				

