

MAY 2019

Everyone welcome!



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

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)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19			1 In BRANDON @Lady of the Lake 3-4pm Simply Meditate In BRANDON @Lady of the Lake 7-8:pm Meditation & Modern Buddhism	2 11am-12pm Simply Meditate 1-4pm Open Hours 5-6pm Wishfulfilling Jewel & Meditation 7-8pm Simply Meditate	3 12:15-12:45pm Lunchtime Meditation	4
5		6	7 12:15-12:45 pm Lunchtime meditation 1-4pm Open Hours 5-6pm Heart Jewel & Silent Meditation 7-8:30pm Meditation & Modern Buddhism	8 Tara Day 7pm Tara Prayers & mantra recitation	9 11am-12pm Simply Meditate 1-4pm Open Hours 5-6pm Wishfulfilling Jewel & Meditation 7-8pm Simply Meditate	10 Tsog Day 12:15-12:45pm Lunchtime Meditation 7-8:30pm Offering to the Spiritual Guide with food offerings
12	13	14	15 In BRANDON @Lady of the Lake 3-4pm Simply Meditate In BRANDON @Lady of the Lake 7-8:30pm Meditation & Modern Buddhism	16 11am-12pm Simply Meditate 1-4pm Open Hours 5-6pm Wishfulfilling Jewel & Meditation 7-8pm Simply Meditate	17 12:15-12:45pm Lunchtime Meditation	18 <div style="border: 1px solid black; padding: 5px;">CENTRE CHERISHING Cleaning & Maintenance Day 10-3PM free pizza!</div>
19	20	21	22	23 11am-12pm Simply Meditate 1-4pm Open Hours 5-6pm Wishfulfilling Jewel & Meditation 7-8pm Simply Meditate	24 12:15-12:45pm Lunchtime Meditation	25 <div style="border: 1px solid black; padding: 5px;">MEDICINE BUDDHA EMPOWERMENT & Blessing Ceremony with Gen Rigden & Commentary to Medicine Buddha Prayer Practice 10am-4:30pm</div>
26	27	28	29 Protector Day 7-8:30pm Wishfulfilling Jewel Prayers with offerings	30 11am-12pm Simply Meditate 1-4pm Open Hours 5-6pm Wishfulfilling Jewel & Meditation 7-8pm Simply Meditate	31 12:15-12:45pm Lunchtime Meditation	