

JUNE 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 <div style="border: 1px solid black; padding: 5px; text-align: center;"> LEARN TO MEDITATE IN HALF A DAY 1-4pm </div>	
						2 10:30am-12:30pm In-depth Study Program Class	3
9	10	11	12	13 11am-12pm Simply Meditate 1-4pm Open Hours 5-6pm Wishfulfilling Jewel & Meditation 7-8pm Simply Meditate	14 12:15-12:45pm Lunchtime Meditation	15	<div style="border: 1px solid black; padding: 5px; text-align: center;"> CANADIAN NATIONAL FESTIVAL FEARLESS HEART: Empowerment of Vajrapani in TORONTO, ON (Centre is closed) </div>
16 10:30am-12:30pm In-depth Study Program Class 2-3pm Powa Ceremony: practice for the deceased	17	18 12:15-12:45 pm Lunchtime meditation 1-4pm Open Hours 5-6pm Heart Jewel & Silent Meditation 7-8:30pm Meditation & Modern Buddhism	19 In BRANDON @Lady of the Lake 3-4pm Simply Meditate In BRANDON @Lady of the Lake 7-8:30pm Meditation & Modern Buddhism	20 11am-12pm Simply Meditate 1-4pm Open Hours 5-6pm Wishfulfilling Jewel & Meditation 7-8pm Simply Meditate	21 12:15-12:45pm Lunchtime Meditation	22 <div style="border: 1px solid black; padding: 5px; text-align: center;"> KARMA, WHY ME? WHY NOW? Meditation Course 1-4pm </div>	
23 10:30am-12:30pm In-depth Study Program Class 10:30am-12:30pm In-depth Study Program Class **test**	24	25 12:15-12:45 pm Lunchtime meditation 1-4pm Open Hours 5-6pm Heart Jewel & Silent Meditation 7-8:30pm Meditation & Modern Buddhism	26 7-9pm Offering to the Spiritual Guide with food offerings	27 11am-12pm Simply Meditate 1-4pm Open Hours 5-6pm Wishfulfilling Jewel & Meditation 7-8pm Simply Meditate	28 12:15-12:45pm Lunchtime Meditation	29 Protector Day 7-8:30pm Wishfulfilling Jewel Prayers with offerings	
30							