

# MAY 2019

Everyone welcome!

KADAMPA  
MEDITATION  
CENTRE WINNIPEG



<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)

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

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  5-6pm Wishfulfilling Jewel & Meditation 7-8pm Simply Meditate	3 12:15-12:45pm Lunchtime Meditation	4
5 10:30am-12:30pm In-depth Study Program Class	6	7 12:15-12:45 pm Lunchtime meditation  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  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	11 BREAK FREE & MOVE ON! Purifying Negativity 1-4PM
12 2-3pm Powa Ceremony: practice for the deceased	13	14 12:15-12:45 pm Lunchtime meditation 1-4pm Open Hours 5-6pm Heart Jewel & Silent Meditation 7-8:30pm Meditation & Modern Buddhism	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 CENTRE CHERISHING Cleaning & Maintenance Day 10-3PM free pizza!
19 10:30am-12:30pm In-depth Study Program Class	20	21 12:15-12:45 pm Lunchtime meditation 1-4pm Open Hours 5-6pm Heart Jewel & Silent Meditation 7-8:30pm Meditation & Modern Buddhism	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 MEDICINE BUDDHA EMPOWERMENT & Blessing Ceremony with Gen Rigden & Commentary to Medicine Buddha Prayer Practice 10am-4:30pm
26 10:30am-12:30pm In-depth Study Program Class 2-3pm Prayers for World Peace with guided meditation	27	28 12:15-12:45 pm Lunchtime meditation 1-4pm Open Hours 5-6pm Heart Jewel & Silent Meditation 7-8:30pm Meditation & Modern Buddhism	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	