

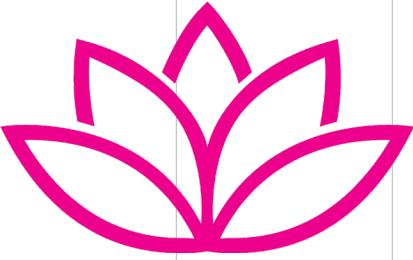
# OCTOBER 2019

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	2	3	4	5
		<p style="text-align: center;"><b>INTERNATIONAL FALL FESTIVAL</b> @ International Retreat Center Grand Canyon, ARIZONA SEPT 27- OCT 3</p> <p style="text-align: center;">please note: KMC Winnipeg will be <b>CLOSED</b> until Oct 7th</p>				
6	7	8	9	Tsog Day 10	11	12
<p><b>INTERNATIONAL FALL FESTIVAL</b> @ IRC Grand Canyon, ARIZONA SEPT 27- OCT 3</p> <p>KMC Winnipeg will be <b>CLOSED</b> until Oct 7th</p>	<p>6:30-8:30pm In-depth Study Program FP Class</p>	<p>12:15-12:45 pm Lunchtime meditation</p> <p>1-4pm Open Hours</p> <p>5-6pm Tara Prayers &amp; mantra recitation</p> <p>7-8:30pm Meditation &amp; Modern Buddhism</p>	<p>6-6:30pm Early evening Meditation</p> <p>6:30-8:30pm Open Hours</p> <p><b>BRANDON</b> @ Knox United Church 7-8:30pm Learn to Meditate</p>	<p>12:15-12:45pm Lunchtime Meditation</p> <p>1-4pm Open Hours</p> <p>4:30-6pm Offering to the Spiritual Guide</p> <p>7-8pm Learn to Meditate</p>	<p>12:15-12:45pm Lunchtime Meditation</p>	<p><b>FALL FESTIVAL REVIEW</b> How to Find the Real Meaning of Human Ife 9:30AM - 4:30PM</p>
13	14	Precepts Day 15	16	17	18	19
<p>10:30-11:30am FREE Prayers for World Peace with guided meditation</p> <p>2-3pm Powa Ceremony (practice for the deceased)</p>	<p>6:30-8:30pm In-depth Study Program FP Class</p>	<p>6:30am A Pure Life</p> <p>12:15-12:45 pm Lunchtime meditation</p> <p>1-4pm Open Hours</p> <p>5-6pm Heart Jewel &amp; Silent Meditation</p> <p>7-8:30pm Meditation &amp; Modern Buddhism</p>	<p>6-6:30pm Early evening Meditation</p> <p>6:30-8:30pm Open Hours</p>	<p>12:15-12:45pm Lunchtime Meditation</p> <p>1-4pm Open Hours</p> <p>5-6pm Wishfulfilling Jewel &amp; Meditation</p> <p>7-8pm Learn to Meditate</p>	<p>12:15-12:45pm Lunchtime Meditation</p> <p><b>HOW TO STAY-CALM WHEN THINGS GET RUFF!</b> @ Paws for Thought 6-7PM</p>	<p><b>Learn to Meditate</b> Half Day Course 9:30am-1pm</p>
20	21	22	23	24	Tsog Day 25	26
<p>10:30-11:30am FREE Prayers for World Peace with guided meditation</p>	<p><b>EXCHANGE DISTRICT</b> @ CLOAKROOM 12:15-12:45 Lunchtime Meditation</p> <p>6:30-8:30pm In-depth Study Program FP Class</p>	<p>12:15-12:45 pm Lunchtime meditation</p> <p>1-4pm Open Hours</p> <p>5-6pm Heart Jewel &amp; Silent Meditation</p> <p>7-8:30pm Meditation &amp; Modern Buddhism</p>	<p>6-6:30pm Early evening Meditation</p> <p>6:30-8:30pm Open Hours</p> <p><b>BRANDON</b> @ Knox United Church 7-8:30pm Learn to Meditate</p>	<p>12:15-12:45pm Lunchtime Meditation</p> <p>1-4pm Open Hours</p> <p>5-6pm Wishfulfilling Jewel &amp; Meditation</p> <p>7-8pm Learn to Meditate</p>	<p>12:15-12:45pm Lunchtime Meditation</p> <p>6:30-8:30pm Offering to the Spiritual Guide</p>	<p><b>Mala making workshop</b> (+ learn meaning of reciting mantras) 1-4pm LIMITED SUPPLIES Pre-register to ensure your space!</p>
27	28	Protector Day 29	30	31		
<p>10:30-11:30am FREE Prayers for World Peace with guided meditation</p>	<p><b>EXCHANGE DISTRICT</b> @ CLOAKROOM 12:15-12:45 Lunchtime Meditation</p> <p>6:30-8:30pm In-depth Study Program FP Class</p>	<p>12:15-12:45 pm Lunchtime meditation</p> <p>1-4pm Open Hours</p> <p>4:30-6pm Wishfulfilling Jewel &amp; Offerings</p> <p>7-8:30pm Meditation &amp; Modern Buddhism</p>	<p>6-6:30pm Early evening Meditation</p> <p>6:30-8:30pm Open Hours</p>	<p>12:15-12:45pm Lunchtime Meditation</p> <p>1-4pm Open Hours</p> <p>5-6pm Wishfulfilling Jewel &amp; Meditation</p> <p>6-8pm Trick or Treat drop-in</p>		