

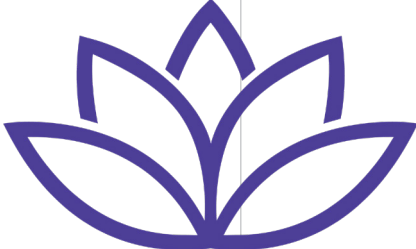
SEPTEMBER 2019

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
1 10:30-11:30am FREE Prayers for World Peace with guided meditation	2 5-6pm Heart Jewel & Silent Meditation 6:30-8:30pm In-depth Study Program FP Class	3 12:15-12:45 pm Lunchtime meditation 1-4pm Open Hours 5-6pm Heart Jewel & Silent Meditation 7-8:30pm Medita- tion & Modern Buddhism	4 6-6:30pm Early evening Meditation 6:30-8:30pm Open Hours BRANDON @ Knox United Church 7-8:30pm Learn to Meditate	5 12:15-12:45pm Lunchtime Meditation 1-4pm Open Hours 5-6pm Wishfulfilling Jewel & Meditation 7-8pm Learn to Meditate	6 12:15-12:45pm Lunchtime Meditation	7
8 Tara Day 10:30-11:30am FREE Prayers for World Peace with guided meditation 2-3pm Tara Prayers & mantra recitation	9 EXCHANGE DISTRICT @ CLOAKROOM 12:15-12:45 Lunchtime Meditation 5-6pm Heart Jewel & Silent Meditation 6:30-8:30pm In-depth Study Program FP Class	10 Tsog Day 12:15-12:45 pm Lunchtime meditation 1-4pm Open Hours 4:30-6pm Offering to the Spiritual Guide 7-8:30pm Meditation & Modern Buddhism	11 6-6:30pm Early evening Meditation 6:30-8:30pm Open Hours	12 12:15-12:45pm Lunchtime Meditation 1-4pm Open Hours 5-6pm Wishfulfilling Jewel & Meditation 7-8pm Learn to Meditate	13 12:15-12:45pm Lunchtime Meditation	14 CLARITY, FOCUS & CONCENTRATION MORNING RETREAT 9:30am-1pm
15 Precepts Day 6:30am A Pure Life 10:30-11:30am FREE Prayers for World Peace with guided meditation 2-3pm Powa Ceremony (practice for the deceased)	16 EXCHANGE DISTRICT @ CLOAKROOM 12:15-12:45 Lunchtime Meditation 5-6pm Heart Jewel & Silent Meditation 6:30-8:30pm In-depth Study Program FP Class	17 12:15-12:45 pm Lunchtime meditation 1-4pm Open Hours 5-6pm Heart Jewel & Silent Meditation 7-8:30pm Meditation & Modern Buddhism	18 6-6:30pm Early evening Meditation 6:30-8:30pm Open Hours BRANDON @ Knox United Church 7-8:30pm Learn to Meditate	19 12:15-12:45pm Lunchtime Meditation 1-4pm Open Hours 5-6pm Wishfulfilling Jewel & Meditation 7-8pm Learn to Meditate	20 12:15-12:45pm Lunchtime Meditation HOW TO STAY- CALM WHEN THINGS GET RUFF! @ Paws for Thought 6-7PM	21 Join us here: Winnipeg VegFest @ U of Winnipeg Axworthy Health & RecPlex 9am-6pm
22 10:30-11:30am FREE Prayers for World Peace with guided meditation	23 5-6pm Heart Jewel & Silent Meditation 6:30-8:30pm In-depth Study Program FP Class	24	25	26	27	28
		KMC Winnipeg will be CLOSED Sept 24-Oct 7th			INTERNATIONAL FALL FESTIVAL @ International Retreat Center Grand Canyon, ARIZONA SEPT 27- OCT 3 please note: KMC Winnipeg will be CLOSED until Oct 7th	
29	30					
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