

NOVEMBER 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
						
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						International Temples Day OPEN HOUSE 1-3PM FREE 15 MINS MEDITATIONS 1, 1:45, 2:30pm
3	4	5	6	7	Tara Day 8	9
10:30-11:30am FREE Prayers for World Peace with guided meditation	5-6pm Heart Jewel & Silent Meditation 6:30-8:30pm In-depth Study Program FP Class	12:15-12:45 pm Lunchtime meditation 1-4pm Open Hours 5-6pm Heart Jewel & Silent Meditation	6:30-8:30pm Open Hours BRANDON @ Knox United Church 7-8:30pm Learn to Meditate	12:15-12:45pm Lunchtime Meditation 1-4pm Open Hours 5-6pm Wishfulfilling Jewel & Meditation 7-8pm Learn to Meditate	6-7pm Tara Prayers & mantra recitation	
Tsog Day 10	11	12	13	14	Precepts Day 15	16
10:30-11:30am FREE Prayers for World Peace with guided meditation 2-3pm Powa Ceremony (practice for deceased) 4:30-6pm Offering to the Spiritual Guide	5-6pm Heart Jewel & Silent Meditation 6:30-8:30pm In-depth Study Program FP Class	12:15-12:45 pm Lunchtime meditation 1-4pm Open Hours 5-6pm Heart Jewel & Silent Meditation	6:30-8:30pm Open Hours	12:15-12:45pm Lunchtime Meditation 1-4pm Open Hours 5-6pm Wishfulfilling Jewel & Meditation 7-8pm Learn to Meditate	6:30am A Pure Life HOW TO STAY-CALM WHEN THINGS GET RUFF! @ Paws for Thought 6-7PM	CREATING A SACRED SPACE HALF DAY WORKSHOP 1-4PM
17	18	19	20	21	22	23
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24	Tsog Day 25	26	27	28	Protector Day 29	30
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