

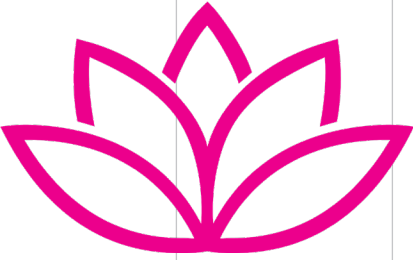
OCTOBER 2019

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	2	3	4	5
		<p style="text-align: center;">INTERNATIONAL FALL FESTIVAL @ International Retreat Center Grand Canyon, ARIZONA SEPT 27- OCT 3</p> <p style="text-align: center;">please note: KMC Winnipeg will be CLOSED until Oct 7th</p>				
6	7	8	9	Tsog Day 10	11	12
<p>INTERNATIONAL FALL FESTIVAL @ IRC Grand Canyon, ARIZONA SEPT 27- OCT 3</p> <p>KMC Winnipeg will be CLOSED until Oct 7th</p>	<p>5-6pm Heart Jewel & Silent 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 Tara Prayers & mantra recitation</p> <p>7-8:30pm Meditation & Modern Buddhism</p>	<p>6-6:30pm Early evening Meditation</p> <p>6:30-8:30pm Open Hours</p> <p>BRANDON @ 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>	
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>5-6pm Heart Jewel & Silent Meditation</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 & Silent Meditation</p> <p>7-8:30pm Meditation & 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 & Meditation</p> <p>7-8pm Learn to Meditate</p>	<p>12:15-12:45pm Lunchtime Meditation</p> <p>HOW TO STAY- CALM WHEN THINGS GET RUFF! @ Paws for Thought 6-7PM</p>	<p>Learn to Meditate 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>EXCHANGE DISTRICT @ CLOAKROOM 12:15-12:45 Lunchtime Meditation</p> <p>5-6pm Heart Jewel & Silent Meditation 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 & Silent Meditation</p>	<p>6:30-8:30pm Open Hours</p> <p>BRANDON @ 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 & Meditation</p> <p>7-8pm Learn to Meditate</p>	<p>6:30-8:30pm Offering to the Spiritual Guide</p>	<p>POWER OF MANTRA & Mala making workshop 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>EXCHANGE DISTRICT @ CLOAKROOM 12:15-12:45 Lunchtime Meditation</p> <p>5-6pm Heart Jewel & Silent Meditation 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 Wishfulfill- ing Jewel & Offerings</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 & Meditation 6-8pm (NO 7PM CLASS) Trick or Treat drop-in Social</p>		