

February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><i>GREEN – drop-in classes for everyone</i> <i>PWP = Prayers for World Peace – prayer, meditation and teaching for everyone</i></p>	<p><i>ORANGE – chanted prayers open to everyone</i> <i>HJ and WFJ – Heart Jewel & Wishfulfilling Jewel are Kadampa heart practices with meditations on Lamrim – 1 hour</i></p>	<p>1 WFJ - 6pm GP Red Deer 7pm</p>	<p>2 WFJ - 6pm GP class Haysboro 7.30-9pm</p>	<p>3 WFJ/ Tsog 7pm</p>	<p>4 DY-8am</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> Training in Concentration Weekend Course Saturday - 11am-1pm, 3-5pm Sunday - 9-10am, 2-5pm </div>	<p>5 PWP 11am – 12</p>
<p>6 HJ- 10am GP Drop-in AKBC 7-9pm</p>	<p>7 HJ 5.45pm FP and TTP 7 - 9.30pm</p>	<p>8 WFJ - 6pm Tara Prayers 7pm GP Red Deer 7pm</p>	<p>9 WFJ - 6pm GP class Haysboro 7.30-9pm GP Lethbridge 7pm</p>	<p>10 OSG/ Tsog 7pm</p>	<p>11 DY-8am</p> <div style="border: 1px solid black; padding: 2px; text-align: center;"> Learn To Meditate 10am-1pm </div> <div style="border: 1px solid black; padding: 2px; text-align: center;"> Dharma for Kids 2 -3.30pm </div>	<p>12 PWP 11am – 12 Teaching Skills 5pm</p>
<p>13 HJ- 10am GP Drop-in AKBC 7-9pm</p>	<p>14 HJ 5.45pm FP and TTP 7 - 9.30pm</p>	<p>15 Precepts 7am (Purification Practice) WFJ - 6pm GP Red Deer 7pm</p>	<p>16 WFJ - 6pm GP class Haysboro 7.30-9pm</p>	<p>17 HJ -12pm</p>	<p>18</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> Dorje Shugden Blessing Empowerment at AKBC </div>	<p>19 PWP 11am – 12</p>
<p>20 HJ- 10am GP Drop-in AKBC 7-9pm</p>	<p>21 HJ 5.45pm FP and TTP 7 - 9.30pm</p>	<p>22 WFJ - 6pm</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> Meet the Buddhas! 7pm </div>	<p>23 WFJ - 6pm GP class Haysboro 7.30-9pm GP Lethbridge 7pm</p>	<p>24 HJ - 12 noon Medicine Buddha Prayers 7pm</p>	<p>25 DY-8am</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> Finding our Faults, Purifying our Negativity 10am – 4pm </div> <p>OSG/ Tsog 7pm</p>	<p>26 PWP 11am – 12 HYT teaching 5pm</p>
<p>27 HJ- 10am GP Drop-in AKBC 7-9pm</p>	<p>28 Kangso /tsog 6.30pm</p>	<p>29 WFJ - 6pm GP Red Deer 7pm</p>	<p>OSG – Offering to the Spiritual Guide -2 hours “w/Tsog” –bring a pure food offering</p>	<p>Kangso – Extensive prayers and requests to the Dharma Protectors 3.5 hours Tara Prayers –prayers and Requests to the Buddha Tara – 40min</p>	<p>Foundation Program & Teachers Training Program - classes only for registered students HYT –for those who have received highest yoga tantra empowerment only</p>	<p>RED – chanted prayers only for those with HYT Empowerment QP –Quick Path to Great Bliss DY – Dakini Yoga</p>

All events take place at Akshobya Kadampa Buddhist Centre, 2120 Kensington Rd. Suite 208, unless otherwise indicated.
 See www.meditationAlberta.org or call us at 403 454 7595 for details and inquiries.