

MARCH 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 WFJ - 6pm GP class Haysboro 7.30-9pm	2 WFJ/tsog 7pm	3 Lamrim Retreat begins Friday evening	4 PWP 11am – 12
5 HJ- 10am GP Drop-in AKBC 7-9pm	6 HJ 5.45pm FP and TTP 7 - 9.30pm	7 WFJ - 6pm GP Red Deer 7pm	8 WFJ - 6pm GP class Haysboro 7.30-9pm GP Lethbridge 7pm	9 OSG/tsog- 7pm	10 Prajnaparamita Empowerment Amitabha Centre Edmonton	11 PWP 11am – 12 QP 5pm
Lamrim Retreat at AKBC / with Heart Jewel (see website for program schedule)						
12 HJ- 10am GP Drop-in AKBC 7-9pm	13 HJ 5.45pm FP and TTP 7 - 9.30pm	14 WFJ - 6pm GP Red Deer 7pm	15 Precepts 7am (Purification Practice) WFJ - 6pm GP class Haysboro 7.30-9pm	16 WFJ/tsog 7pm	17 DY-8am Friend of the World Day Course 10am-4pm	18 PWP 11am – 12 Teaching Skills 5pm DY-7.15pm
19 HJ- 10am GP Drop-in AKBC 7-9pm	20 HJ 5.45pm FP and TTP 7 - 9.30pm	21 WFJ - 6pm GP Red Deer 7pm	22 WFJ - 6pm GP class Haysboro 7.30-9pm GP Lethbridge 7pm	23 HJ - 12 noon HYT teaching 7pm	24 Dharma for Kids 2-3.30 pm Learn to Meditate 10am-1pm	25 PWP 11am – 12 OSG- 7pm
26 HJ- 10am GP Drop-in AKBC 7-9pm	27 HJ 5.45pm FP and TTP 7 - 9.30pm	28 WFJ - 6pm	29 Kangso 6.30pm GP class Haysboro 7.30-9pm	30 HJ - 12 noon "The Perfection of Moral Discipline" & Pratimoksha Vow Ceremony 7-9pm	31 Friend of the World Day Retreat See our website for program	



NKT – IKBU

Akshobya Kadampa Buddhist Centre

2120 Kensington Rd. Suite 208 Calgary

www.meditationAlberta.org

403 454 7595

Classes in Haysboro are held at the
Community Centre 1204 89 AVENUE SW

Red Deer classes are held at the
Centre for Spiritual Living
6315 Horn Street (at Taylor Drive)

Lethbridge classes are held at the downtown
Lethbridge Public Library Community room

GREEN – drop-in classes for everyone \$10
PWP = Prayers for World Peace –prayer, meditation
and teaching for everyone *free*

ORANGE – chanted prayers open to everyone
HJ and WFJ – Heart Jewel & Wishfulfilling Jewel are
Kadampa heart practices with meditations – 1 hour
OSG – Offering to the Spiritual Guide -2 hours
"w/Tsog" –bring a pure food offering

Kangso – Extensive prayers and requests to the
Dharma Protectors 3.5 hours
Tara Prayers –prayers and Requests to the Buddha
Tara – 40min.

Foundation Program/Teachers Training Program -
classes only for registered students

RED – classes or chanted prayers only for those with
Highest Yoga Tantra Empowerment

QP –Quick Path to Great Bliss

DY – Dakini Yoga