

Kadampa Meditation Center Madison

DECEMBER

www.meditationinmadison.org

1825 S Park St, Madison, WI 53713

608-661-3211

2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Beginner Friendly (HYT)- HYT Empowerment needed to attend					1	2
					*Noontime Meditation 12:00 – 12:30 PM Heart Jewel/Lamrim Meditation 5:00 – 6:00 PM	*Just Meditate 12:00 – 12:45 PM Heart Jewel/ Lamrim Meditation 5:00 – 6:00 PM
3	4	5	6	7	8	9
*Sunday Morning Meditation & Meditation for Kids 10:00 -11:15 AM	Center & Bookstore Closed	Heart Jewel/ Lamrim Meditation 5:00 – 6:00 PM Buddhism & Meditation: The Science of the Mind 7:00 – 9:00 PM	*Noontime Meditation 12:00 – 12:30 PM Heart Jewel/ Lamrim Meditation 5:00 – 6:00 PM	Quick Path (HYT) 9:00-11:00 AM Heart Jewel/ Lamrim Meditation 5:00 – 6:00 PM *Constant Craving 7:00 – 8:30 PM	TARA DAY *Noontime Meditation 12:00 – 12:30 PM Tara Puja 5:00 – 6:00 PM	Powa 12:00 – 1:00 PM Heart Jewel/ Lamrim Meditation 5:00 – 6:00 PM
10	11	12	13	14	15	16
*Sunday Morning Meditation & Meditation for Kids 10:00 -11:15 AM Offering to the Spiritual Guide Puja with Food Offering 1:00-3:00 PM	Center & Bookstore Closed	Heart Jewel/ Lamrim Meditation 5:00 – 6:00 PM Buddhism & Meditation: The Science of the Mind 7:00 – 9:00 PM	*Noontime Meditation 12:00 – 12:30 PM Heart Jewel/ Lamrim Meditation 5:00 – 6:00 PM	Quick Path (HYT) 9:00-11:00 AM Heart Jewel/ Lamrim Meditation 5:00 – 6:00 PM *Constant Craving 7:00 – 8:30 PM	PRECEPTS DAY Precepts 6:30 – 7:15 AM *Noontime Meditation 12:00 – 12:30 PM Heart Jewel/Lamrim Meditation 5:00 – 6:00 PM	Vajrasattva Purification Retreat 9:00 AM – 5:00 PM
17	18	19	20	21	22	23
*Sunday Morning Meditation & Meditation for Kids 10:00 -11:15 AM Dakini Yoga (HYT) 1:00 – 2:00 PM	Center & Bookstore Closed	Heart Jewel/ Lamrim Meditation 5:00 – 6:00 PM	*Noontime Meditation 12:00 – 12:30 PM Heart Jewel/ Lamrim Meditation 5:00 – 6:00 PM	Quick Path (HYT) 9:00-11:00 AM Heart Jewel/ Lamrim Meditation 5:00 – 6:00 PM *Constant Craving 7:00 – 8:30 PM	*Noontime Meditation 12:00 – 12:30 PM Heart Jewel/Lamrim Meditation 5:00 – 6:00 PM	Medicine Buddha 12:00 – 1:00 PM Heart Jewel/ Lamrim Meditation 5:00 – 6:00 PM
24	25	26	27	28	29	30
*Christmas Eve Festival Of Lights w/ Gen Dorje 7-8:30 PM *Sunday Morning Meditation & Meditation for Kids 10:00 -11:15 AM 31	TSOG DAY *Christmas Day Festival of Lights with Gen Dorje 10:00-11:30 AM Offering to the Spiritual Guide Puja with Food Offering 2:00-4:00 PM	Heart Jewel/ Lamrim Meditation 5:00 – 6:00 PM	*Noontime Meditation 12:00 – 12:30 PM Heart Jewel/ Lamrim Meditation 5:00 – 6:00 PM		PROTECTOR DAY *Noontime Meditation 12:00 – 12:30 PM Wishfulfilling Jewel Puja with Food Offering 5:00 – 6:30 PM	

Bookstore open Tuesday-Sunday 1-4 PM – Come by!