

# Calendar of Events - June 2017

Kadampa Meditation Centre Vancouver . 1833 Victoria Diversion . Vancouver . B.C. 604.221.2271 . MeditateInVancouver.org

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Quick Path 7am *HYT only Heart Jewel, 5-6pm East Van: KMCV 4 Keys to Happiness 7-8:30pm	2 Wishfulfilling Jewel 9am	3 Walk for World Peace at Lynn Canyon Fundraiser
4	5 Wishfulfilling Jewel 7.30-8.30am	6 Wishfulfilling Jewel 7.30-8.30am	7 Wishfulfilling Jewel 7.30-8.30am	8 Heart Jewel, 5-6pm	9	10 Canadian Festival with Gen-la Dekyong at Kadampa Meditation Centre Canada Toronto
East Van: KMCV 8 Steps to Happiness 10-11:15am Kid's meditation 10-11:15am	West Vancouver 4 Keys to Happiness 10:30-Noon	East Van: KMCV Guided Meditation 12:30-1pm, 5:30-6:15pm	East Van: KMCV Learn to Meditate 7-8.15pm	East Van: KMCV 4 Keys to Happiness 7-8:30pm		
OSG with Tsog, 12:15pm						
Whistler Drop-in class 3-4.30pm	Foundation Program 7-9pm	Tsawwassen 4 Keys to Happiness 7-8:30pm	Kitsilano 4 Keys to Happiness 7-8:30pm	East Van: KMCV 4 Keys to Happiness 7-8:30pm		
11	12	13	14	15	16	17
East Van: KMCV 8 Steps to Happiness 10-11:15am Kid's meditation 10-11:15am	Foundation Program 7-9pm			Quick Path 7am *HYT only Heart Jewel, 5-6pm	Wishfulfilling Jewel 9am	Selfless Day Course with Gen Thekchen 9:30am-4pm
Wishfulfilling Jewel, 12:15pm				East Van: KMCV 4 Keys to Happiness 7-8:30pm		
18	19	20	21	22	23	24
East Van: KMCV 8 Steps to Happiness 10-11:15am Kid's meditation 10-11:15am	Wishfulfilling Jewel 7.30-8.30am	Wishfulfilling Jewel 7.30-8.30am	Wishfulfilling Jewel 7.30-8.30am	Quick Path 7am *HYT only Heart Jewel, 5-6pm	Wishfulfilling Jewel 9am Centre Cherishing 10am	
Wishfulfilling Jewel with Tsog, 12:15pm	West Vancouver 4 Keys to Happiness 10:30-Noon	East Van: KMCV Guided Meditation 12:30-1pm, 5:30-6:15pm	East Van: KMCV Learn to Meditate Class 7-8.15pm	East Van: KMCV The Inner Activist 7-8:30pm		
	Foundation Program 7-9pm	Tsawwassen The Inner Activist 7-8:30pm	Kitsilano The Inner Activist 7-8:30pm			
25	26	27	28	29	30	
East Van: KMCV 8 Steps to Happiness 10-11:15am Kid's meditation 10-11:15am	Wishfulfilling Jewel 7.30-8.30am	Wishfulfilling Jewel 7.30-8.30am	Wishfulfilling Jewel 7.30-8.30am	Quick Path 7am *HYT only Wishfulfilling Jewel with Tsog, 5-6:15pm	Wishfulfilling Jewel 9am	
OSG with Tsog 12:15pm	West Vancouver 4 Keys to Happiness 10:30-Noon	East Van: KMCV Guided Meditation 12:30-1pm, 5:30-6:15pm	East Van: KMCV Learn to Meditate Class 7-8.15pm	East Van: KMCV The Inner Activist 7-8:30pm		
	Foundation Program 7-9pm	Tsawwassen The Inner Activist 7-8:30pm	Kitsilano The Inner Activist 7-8:30pm			

## Chanted Prayers (blue)

- 'Wishfulfilling Jewel' : daily prayers with 15 mins silent meditation. 1 hour
- 'Heart Jewel' : daily prayers with 15 mins silent meditation. 1 hour
- 'With Tsog' : you can bring a small food offering if you wish
- 'OSG' : Offering to the Spiritual Guide. Special chanted prayers and offerings 2 hours

## Meditation Classes

- 'Foundation Program' : In depth study program, studying "Eight Steps to Happiness - Buddhist way of Loving Kindness
- 'GP (General Program)' : Drop in meditation & buddhism classes - everyone welcome
- Special Events : Pre-registration Required, cost and details online at [www.meditateinvancouver.org](http://www.meditateinvancouver.org)