

Calendar of Events - Sept 2017

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

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Wishfulfilling Jewel 7.30am	2
3	4	5 Quick Path 7:30am *HYT only	6 Quick Path 7:30am *HYT only Wishfulfilling Jewel 5-6pm	7 Quick Path 7:30am *HYT only Centre Cherishing 2-4pm Heart Jewel 5-6pm	8 Wishfulfilling Jewel 7.30am	9
HOLIDAY	HOLIDAY	Wishfulfilling Jewel 7-8pm		East Van: KMCV Living in the Moment 7-8:30pm	The Path to Happiness Lamrim Retreat Intro: 7pm-8.30pm	The Path to Happiness Lamrim Retreat 9am-5.15pm
10	11	12	13	14	15	16
The Path to Happiness Lamrim Retreat 9am-5.15pm	Quick Path 7:30am *HYT only West Van Class Living in the Moment 1-2:30pm	Quick Path 7:30am *HYT only East Van: KMCV Simply Meditate 6-6:45pm	Quick Path 7:30am *HYT only Wishfulfilling Jewel 5-6pm	Quick Path 7:30am *HYT only Heart Jewel, 5-6pm	Heart Jewel 7.30am Centre Cherishing 10am-12.30pm	Understanding the Mind Day Course 10am-3.45pm
	Heart Jewel 5-6pm	Wishfulfilling Jewel 7-8pm	Kitsilano Class Living in the Moment 7-8:30pm			
OSG with Tsog, 6pm	INTRO TO FOUNDATION PROGRAM Free 7-9pm	Tsawwassen Class Living in the Moment 7-8:30pm	East Van: KMCV Learn to Meditate 7-8.15pm	East Van: KMCV Living in the Moment 7-8:30pm	Choose Happiness Public Talk 7-8:30pm	
17	17	19	20	21	22	23
East Van: KMCV Living in the Moment 10-11:15am	Quick Path 7:30am *HYT only	Quick Path 7:30am *HYT only	Quick Path 7:30am *HYT only	Quick Path 7:30am *HYT only	OSG with Tsog, 9am (Buddha's return from heaven Day)	
East Van: KMCV KIDS CLASS 10-11:15am	West Van Class Living in the Moment 1-2:30pm	East Van: KMCV Simply Meditate 6-6:45pm	Heart Jewel, 5-6pm	Heart Jewel, 5-6pm		
Wishfulfilling Jewel with Tsog, 12pm	Heart Jewel, 5-6pm	Wishfulfilling Jewel 7-8pm	Kitsilano Class Living in the Moment 7-8:30pm			
Whistler Class Living in the Moment 3-4.30pm	Foundation Program <i>enrollment required</i> 7-9pm	Tsawwassen Class Living in the Moment 7-8:30pm	East Van: KMCV Learn to Meditate 7-8.15pm	East Van: KMCV Living in the Moment 7-8:30pm		
24	25	26	27	28	29	30
East Van: KMCV Living in the Moment 10-11:15am	OSG with Tsog, 9am	Quick Path 7:30am *HYT only	Quick Path 7:30am *HYT only	Quick Path 7:30am *HYT only	Kangso (Melodious Drum) 9am-12.30pm	The Way to World Peace Half Day Course 10am-1pm
East Van: KMCV KIDS CLASS 10-11:15am	West Van Class Living in the Moment 1-2:30pm	East Van: KMCV Simply Meditate 6-6:45pm	Heart Jewel, 5-6pm	Heart Jewel, 5-6pm		
Wishfulfilling Jewel with Tsog, 12pm	Heart Jewel, 5-6pm	Wishfulfilling Jewel 7-8pm	Kitsilano Class Living in the Moment 7-8:30pm			
	Foundation Program <i>enrollment required</i> 7-9pm	Tsawwassen Class Living in the Moment 7-8:30pm	East Van: KMCV Learn to Meditate 7-8.15pm	East Van: KMCV Living in the Moment 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