



Kadampa Meditation Center Texas

Feb. 2010

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www.meditationintexas.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 10am - PWP Class 1:30pm - TTP 4:15pm - WFJ tsog 6pm - FP	1 7:30am - HJ Med. 8:45am - Prostrations 12pm - LTM 7pm - Teen Class	2 7:30am - HJ Med. 8:45am - Prostrations	3 7:30am - HJ Class 6pm - MB Prayers 7pm - GP Class	4 7:30am - HJ Med. 8:45am - Prostrations 6pm - Powa 7pm - TTP	5 7:30am - HJ Med. 8:45am - Prostrations 7pm - Quick Path *	6 Learn to Meditate
7 10am - PWP Class 1:30pm - TTP 4:15pm - WFJ tsog 6pm - FP	8 Tara Day 7:30am - HJ Med. 8:45am - Prostrations 12pm - LTM 6pm - Tara Prayers 7pm - Teen Class	9 7:30am - HJ Med. 8:45am - Prostrations	10 Tsog Day 7:30am - OSG tsog 6pm - MB Prayers 7pm - GP Class	11 7:30am - HJ Med. 8:45am - Prostrations 6pm - Vajrapani 7pm - TTP	12 Southwest Dharma Celebration	13
14 Southwest Dharma 10am - PWP Class 1:30pm - TTP (QP) 4:15pm - WFJ tsog	15 6:30am - Precepts 7:30am - HJ Med. 8:45am - Prostrations 12pm - LTM 7pm - Teen Class	16 7:30am - HJ Med. 9am - Sojong**	17 7:30am - HJ Class 6pm - MB Prayers 7pm - GP Class	18 7:30am - HJ Med. 8:45am - Prostrations 6pm - Prajnaparamita 7pm - TTP	19 7:30am - HJ Med. 8:45am - Prostrations 7pm - Kids Class	20 Center Cherishing Day
21 10am - PWP Class 1:30pm - TTP 4:15pm - WFJ tsog 6pm - FP	22 7:30am - HJ Med. 8:45am - Prostrations 12pm - LTM 7pm - Teen Class	23 7:30am - HJ Med. 8:45am - Prostrations	24 7:30am - HJ Class 6pm - MB Prayers 7pm - GP Class	25 Tsog Day 7:30am - HJ Med. 8:45am - Prostrations 7pm - OSG tsog	26 7:30am - HJ Med. 8:45am - Prostrations 7pm - Quick Path *	27 Taming the Mind
28 10am - PWP Class 1:30pm - LP tsog 6pm - FP	1 7:30am - HJ Med. 8:45am - Prostrations 12pm - LTM 7pm - Teen Class	2 7:30am - HJ Med. 8:45am - Prostrations	3 7:30am - HJ Class 6pm - MB Prayers 7pm - GP Class	4 7:30am - HJ Med. 8:45am - Prostrations 6pm - Powa 7pm - TTP	5 7:30am - HJ Med. 8:45am - Prostrations 7pm - Quick Path *	6 Peace of Mind Retreat

Chanted Prayer Sessions:

QP - Quick Path (2hrs)
HJ - Heart Jewel (1hr)
WFJ - Wishfulfilling Jewel (1hr)

OSG - Offering to the Spiritual Guide (2hrs)
LP - Long Protector (4hrs)

* HYT only ** Ordained only

+Tsog - Bring Food Offerings
Prostrations - 35 Confession Buddhas
MB Prayers - Medicine Buddha

Classes:

PWP - Prayers for World Peace
LTM - Lunchtime Meditation
GP - General Program
FP - Foundation Program

TTP - Teacher Training Program
HJ Class - Heart Jewel Class
HJ Med. - Prayers and Meditation