



Kadampa Meditation Center Texas

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Jan. 2010

Reception Hours: M - F 9am - 5pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 10am - PWP Class 1:30pm - WFJ tsog	28 7:30am - HJ Med. 8:45am - Prostrations 12pm - LTM	29 Protector Day 2pm - LP tsog	30 7:30am - HJ Med. 9am - Sojong ** 6pm - MB Prayers 7pm - GP Class	31 24-hour Tara Chanting 6pm - Tara Teaching 7pm - Session 1 8pm - Refreshments 11pm - Session 2	1 3am - Session 3 7am - Session 4 11am - Session 5 3pm - Session 6	2
3 Lamrim Retreat - Guided 10am - PWP Class 1:30pm - Retreat Intro 4pm - Session 1 6pm - FP	4 7:30am - Session 1 10:30am - Session 2 12pm - LTM 4pm - Session 3 7pm - Session 4	5 7:30am - Session 1 10:30am - Session 2 4pm - Session 3 7pm - Session 4	6 7:30am - Session 1 10:30am - Session 2 4pm - Session 3 7pm - GP Class	7 7:30am - Session 1 10:30am - Session 2 4pm - Session 3 7pm - Session 4	8 Tara Day 7:30am - Session 1 10:30am - Session 2 2pm - Tara Prayers 4pm - Session 3 7pm - Session 4	9 7:30am - Session 1 10:30am - Session 2 4pm - Session 3 7pm - Session 4
10 Lamrim Retreat - Self-Guided Vajrayogini Day 10am - PWP Class 1:30pm - OSG tsog 4pm - Session 1 6pm - FP	11 7:30am - Session 1 10:30am - Session 2 12pm - LTM 4pm - Session 3 7pm - Teen Class	12 7:30am - Session 1 10:30am - Session 2 4pm - Session 3 7pm - Session 4	13 7:30am - Session 1 10:30am - Session 2 4pm - Session 3 7pm - GP Class	14 7:30am - Session 1 10:30am - Session 2 4pm - Session 3 7pm - Session 4	15 6:30am - Precepts 7:30am - Session 1 10:30am - Session 2 4pm - Session 3 7pm - Kids Class	16 7:30am - Session 1 10:30am - Session 2 4pm - Session 3 7pm - Session 4
17 Vajrayogini Retreat - Guided 10am - PWP Class 1:30pm - Retreat Intro 4pm - Session 1 6pm - FP	18 7:30am - Session 1 10:30am - Session 2 12pm - LTM 4pm - Session 3 7pm - Session 4	19 7:30am - Session 1 10:30am - Session 2 4pm - Session 3 7pm - Session 4	20 7:30am - Session 1 10:30am - Session 2 4pm - Session 3 7pm - GP Class	21 7:30am - Session 1 10:30am - Session 2 4pm - Session 3 7pm - Session 4	22 7:30am - Session 1 10:30am - Session 2 4pm - Session 3 7pm - Session 4	23 7:30am - Session 1 10:30am - Session 2 4pm - Session 3 7pm - Session 4
24 Vajrayogini Retreat 10am - PWP Class 1:30pm - Session 1 4pm - Session 2 6pm - FP	25 Heruka Day 7:30am - Session 1 10:30am - Session 2 12pm - LTM 1:30pm - Self-Initiation 7pm - Teen Class	26 Self-Guided 7:30am - Session 1 10:30am - Session 2 4pm - Session 3 7pm - Session 4	27 7:30am - Session 1 10:30am - Session 2 4pm - Session 3 7pm - GP Class	28 7:30am - Session 1 10:30am - Session 2 4pm - Session 3 7pm - Session 4	29 Protector Day 7:30am - Session 1 10:30am - Session 2 4pm - Session 3 6pm - LP	30 Amitayus Retreat 9am - Session 1 11:30am - Session 2 3pm - Session 3
31 10am - PWP Class 1:30pm - TTP 4:15pm - WFJ tsog 6pm - FP	1 7:30am - HJ Med. 8:45am - Prostrations 12pm - LTM	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

Chanted Prayer Sessions:

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

OSG - Offering to the Spiritual Guide (2hrs)
LP - Long Protector (4hrs)
* HYT only ** Ordained only

+Tzog - 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