

Akanishta Center Activities



February 2010



General Program (GP)

The General Program classes are an ideal introduction to Buddhist meditation and thought. Each class consists of guided meditations and teachings. These are drop-in classes, and everyone is welcome. Cost: \$10, \$6 students and seniors.

Locations:

Downtown Branch:

above Mimosa Bookstore
260 W. Gilman Street

University Branch:

St. Francis House
1001 University Avenue

Akanishta Buddhist Center:

17 N. Fifth Street

Lamrim Retreat

An opportunity to develop deep meditation experience on the stages of the path to enlightenment. Each session consists of short prayers and teaching with 30 minutes of silent meditation.

*Precepts

An opportunity to take one day vows of moral discipline. For one day we refrain from killing, stealing, intoxicants, lying, and eating after lunch.

Akanishta Buddhist Center
17 N. Fifth Street
Madison, WI 53704
661-3211

www.meditationinmadison.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Foundation Program 7:00-8:45pm	2 General Program University 7:00-8:30pm	3 General Program Akanishta 7:00-8:30pm	4 General Program Downtown 7:00-8:30pm	5 Foundation Program 7:00-8:45pm	6 Family Dharma 10:30-11:30am
7 Simply Meditate 10am-11am	8 Foundation Program 7:00-8:45pm	9 General Program University 7:00-8:30pm	10 OSG 10:00am-Noon General Program Akanishta 7:00-8:30pm	11 General Program Downtown 7:00-8:30pm	12 Lamrim Retreat Intro 7-8:30pm	13 Retreat Sessions 8-9:15am 10-11:15am 5-6:15pm 7-8:15pm
14 Retreat Sessions 8-9:15am 10-11:15am 5-6:15pm 7-8:15pm	15 Retreat Sessions 8-9:15am 10-11:15am 5-6:15pm 7-8:15pm	16 *Precepts 7-8am General Program University 7:00-8:30pm	17 General Program Akanishta 7:00-8:30pm	18 General Program Downtown 7:00-8:30pm	19 Foundation Program 7:00-8:45pm	20 Quick Path 9:00-11:00am (HYT only)
21 Simply Meditate 10am-11am	22 Foundation Program 7:00-8:45pm	23 General Program University 7:00-8:30pm	24 General Program Akanishta 7:00-8:30pm	25 OSG 9-11am General Program Downtown 7:00-8:30pm	26 Foundation Program 7:00-8:45pm	27 Tantric Class 9-11am
28 Simply Meditate 10am-11am	1 Foundation Program 7:00-8:45pm					