

# Akanishta Center Activities



# March 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

## Guru Yoga Retreat

An opportunity to accumulate a vast store of merit. Each session consists of short prayers and teaching with 30 minutes of mandala offerings.

### \*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 <b>Foundation Program</b> 7:00-8:45pm	2 <b>General Program</b> University 7:00-8:30pm	3 <b>General Program</b> Akanishta 7:00-8:30pm	4 <b>General Program</b> Downtown 7:00-8:30pm	5 <b>Foundation Program</b> 7:00-8:45pm	6 <b>Family Dharma</b> 10:30-11:30am
7 <b>Simply Meditate</b> 10am-11am	8 <b>Foundation Program</b> 7:00-8:45pm	9 <b>General Program</b> University 7:00-8:30pm	10 <b>OSG</b> 10:00am-Noon <b>General Program</b> Akanishta 7:00-8:30pm	11 <b>General Program</b> Downtown 7:00-8:30pm	12 <b>Guru Yoga Retreat Intro</b> 7-8:30pm	13 <b>Retreat Sessions</b> 8-9:15am 10-11:15am 5-6:15pm 7-8:15pm
14 <b>Retreat Sessions</b> 8-9:15am 10-11:15am 5-6:15pm 7-8:15pm	15 <b>Retreat Sessions</b> 8-9:15am 10-11:15am 5-6:15pm 7-8:15pm	16 *Precepts 7-8am <b>General Program</b> University 7:00-8:30pm	17 <b>General Program</b> Akanishta 7:00-8:30pm	18 <b>General Program</b> Downtown 7:00-8:30pm	19 <b>Foundation Program</b> 7:00-8:45pm	20 <b>Tantric Class (HYT only)</b> 9-11am
21 <b>Simply Meditate</b> 10am-11am	22 <b>Foundation Program</b> 7:00-8:45pm	23 <b>General Program</b> University 7:00-8:30pm	24 <b>General Program</b> Akanishta 7:00-8:30pm	25 <b>OSG</b> 10:00am-Noon <b>General Program</b> Downtown 7:00-8:30pm	26 <b>Lamrim Meditation</b> 7-8pm	27 <b>Quick Path</b> 9:00-11:00am (HYT only)
28 <b>Simply Meditate</b> 10am-11am	29 <b>Kangso</b> 6-9:30pm	30 <b>General Program</b> University 7:00-8:30pm	31 <b>General Program</b> Akanishta 7:00-8:30pm			