

Akanishta Center Activities



April Classes 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

Foundation Program

The Foundation Program is a more in-depth study program for those wishing to deepen their experience and understanding of Buddha's teachings.

Emptiness Day Course

What is emptiness? This day course will focus on getting a practical understanding of selflessness, or emptiness that we can use in daily life to reduce anger, stress, worry and ultimately to full enlightenment.

Akanishta Buddhist Center

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

www.meditationinmadison.org

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|------------------------------------|-----------------------------------------|----------------------------------------------------|---------------------------------------------------|--------------------------------------------------|-----------------------------------------|----------------------------------------------------------------------------------|
| | | | | 1 General Program Downtown 7:00-8:30pm | 2 Foundation Program 7:00-8:45pm | 3 Family Dharma 10:30-11:30am |
| 4 Simply Meditate 10am-11am | 5 Foundation Program 7:00-8:45pm | 6 General Program University 7:00-8:30pm | 7 General Program Akanishta 7:00-8:30pm | 8 General Program Downtown 7:00-8:30pm | 9 Foundation Program 7:00-8:45pm | 10 Emptiness Day Course 10am-3pm <i>Lay Vow Ceremony</i> 3:30-4:30pm |
| 11 Simply Meditate 10am-11am | 12 Foundation Program 7:00-8:45pm | 13 General Program University 7:00-8:30pm | 14 General Program Akanishta 7:00-8:30pm | 15 General Program Downtown 7:00-8:30pm | 16 Foundation Program 7:00-8:45pm | 17 Tantric Class 9:00-10:30am (HYT only) |
| 18 Simply Meditate 10am-11am | 19 Foundation Program 7:00-8:45pm | 20 General Program University 7:00-8:30pm | 21 General Program Akanishta 7:00-8:30pm | 22 Class Break | 23 Class Break | 24 Heruka Prayers 9-10:30am |
| 25 Class Break | 26 Class Break | 27 Class Break | 28 General Program 7:00-8:30pm | US Spring Festival in NY | | |
| US Spring Festival in NY | | | 29 General Program Downtown 7:00-8:30pm | 30 Foundation Program 7:00-8:45pm | | |