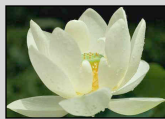


Akanishta Center Activities



May 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.

Vajrapani Empowerment

Vajrapani is the Buddha of Spiritual Power. Through receiving the powerful blessings of this holy being we can dispel our own and others obstacles to attaining spiritual realizations. Registration required.

Akanishta Buddhist Center

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

www.meditationinmadison.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>For a complete list of chanted prayers and meditation practices please visit our website; MeditationInMadison.org</i></p>						
1						
2	3	4	5	6	7	8
Simply Meditate 10am-11am Book Discussion 11:15am	Foundation Program 7:00-8:45pm	General Program University 7:00-8:30pm	General Program Akanishta 7:00-8:30pm	General Program Downtown 7:00-8:30pm	Foundation Program 7:00-8:45pm	Family Dharma 10:30-11:30am
9	10	11	12	13	14	15
Simply Meditate 10am-11am Book Discussion 11:15am	Offering to the Spiritual Guide 7:00-8:45pm	General Program University 7:00-8:30pm	General Program Akanishta 7:00-8:30pm	General Program Downtown 7:00-8:30pm	No Class Maitreya Prayers 6-7pm	Vajrapani Empowerment 10am-3pm
16	17	18	19	20	21	22
Simply Meditate 10am-11am Book Discussion 11:15am	Foundation Program 7:00-8:45pm	General Program University 7:00-8:30pm	General Program Akanishta 7:00-8:30pm	General Program Downtown 7:00-8:30pm	Foundation Program 7:00-8:45pm	Heruka Prayers 9-10:30am (HYT req.)
23/30	24	25	26	27	28	29
Simply Meditate 10am-11am Book Discussion 11:15am	Foundation Program 7:00-8:45pm	OSG 10am-noon General Program University 7:00-8:30pm	General Program Akanishta 7:00-8:30pm	General Program Downtown 7:00-8:30pm	Foundation Program 7:00-8:45pm	Kangso 11am-2:30pm