

Kadampa Meditation Center Madison

February 2021

www.meditationinmadison.org

1825 S. Park St.

608-661-3211

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 *Early Morning Meditation 7:00 – 7:30 AM *Livestream Monday Nights 7:00-8:15 PM	2 Heart Jewel/ Lamrim Meditation 5:00 – 6:00 PM Foundation Program 7:00 – 9:00 PM	3 *Mid-day Meditation 12:15 – 12:45 PM Heart Jewel/ Lamrim Meditation 5:00 – 6:00 PM	4 Livestream Thursday Morning Class 10:00 – 11:15 AM Powa Practice 5:00 – 6:00 PM	5 Heart Jewel/ Lamrim Meditation 12:00-1:00 PM *After Work Meditation 6:00 – 6:30 PM	6 *Class and Puja Break
7 *Livestream Sunday Morning Class 10:00 -11:15 AM	8 TARA DAY *Early Morning Meditation 7:00 – 7:30 AM *Tara Puja 5:00 – 6:00 PM *Livestream Monday Nights 7:00-8:15 PM	9 Heart Jewel/ Lamrim Meditation 5:00 – 6:00 PM Foundation Program 7:00 – 9:00 PM	10 *Mid-day Meditation 12:15 – 12:45 PM OSG with Food Offering 5:00–7:00 PM	11 Livestream Thursday Morning Class 10:00 – 11:15 AM Dakini Yoga (HYT) 5:00 – 6:00 PM	12 Heart Jewel/ Lamrim Meditation 12:00-1:00 PM *How to Protect Ourselves and Others: FNL Love Vs. Attachment with Gen Kelsang Demo 7:00 – 8:30 PM	13 *How to Protect Ourselves and Others: Love is the Answer Meditation Retreat with Gen Kelsang Demo 10 AM-3 PM Session 1: 10-11 Session 2: 12-1 Session 3: 2-3
14 *How to Protect Ourselves and Others: Learning to Love Special Sunday Class with Gen Kelsang Demo 10:00 -11:15 AM	15 PRECEPTS Precepts 6:30-7:15 AM *Livestream Monday Nights 7:00-8:15 PM	16 Heart Jewel/ Lamrim Meditation 5:00 – 6:00 PM Foundation Program 7:00 – 9:00 PM	17 *Sojong 10:00-11:15 AM *Mid-day Meditation 12:15 – 12:45 PM Heart Jewel/ Lamrim Meditation 5:00 – 6:00 PM *New! Monthly Series: Become a Better Meditator 7:00-8:00 PM	18 Livestream Thursday Morning Meditation 10:00 – 11:15 AM Dakini Yoga (HYT) 5:00 – 6:00 PM	19 Heart Jewel/ Lamrim Meditation 12:00-1:00 PM *After Work Meditation 6:00 – 6:30 PM Relax & Connect Dharma Chat 6:30-7:30 PM	20 Medicine Buddha Puja 5:00 – 6:00 PM
21 *Livestream Sunday Morning Class 10:00 -11:15 AM	22 *Livestream Monday Nights 7:00-8:15 PM	23 Heart Jewel/ Lamrim Meditation 5:00 – 6:00 PM Foundation Program 7:00 – 9:00 PM	24 *Mid-day Meditation 12:15 – 12:45 PM Heart Jewel/ Lamrim Meditation 5:00 – 6:00 PM	25 TSOG DAY Livestream Thursday Morning Class 10:00 – 11:15 AM OSG with Food Offering 5:00–7:00 PM	26 Heart Jewel/ Lamrim Meditation 12:00-1:00 PM *After Work Meditation 6:00 – 6:30 PM Shelter from the Storm Retreat Introduction 7:00-8:30 PM	27 Shelter from the Storm Refuge Retreat 10 AM-6:30 PM 10-11:15 Session 1 12:00-1:15 Session 2 3-4:15 PM Session 3 5:15-6:30 PM- Session
28 *Livestream Sunday Morning Class 10:00 -11:15 AM						*-- Beginner-Friendly Class or Event WFJ- Wishfulfilling Jewel Puja OSG-Offering the Spiritual Guide Puja (HYT)- HYT Empowerment Needed to Attend

Bookstore open Tuesday-Sunday 1-4 PM – come by!