

# Kadampa Meditation Center Madison

# JANUARY 2021

www.meditationinmadison.org

1825 S. Park St.

608-661-3211

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>*-- Beginner-Friendly Class or Event</b>  <b>WFJ- Wishfulfilling Jewel Puja</b>  <b>OSG-Offering the Spiritual Guide Puja</b>  <b>(HYT)-HYT Empowerment Needed to Attend</b>  <b>**Monthly practice for Ordained Sangha**</b></p>					<p><b>New Year's Day</b> 1</p> <p><b>*After Work Meditation Class Break</b></p>	<p>2</p> <p><b>A Year Without Fear: A Buddhist Perspective</b>            10:00 AM-1 PM  <b>Powa</b>            5:00 – 6:00 PM</p>
<p>3</p> <p><b>*Sunday Morning Series</b>            10:00 -11:15 AM</p>	<p>4</p> <p><b>*Early Morning Meditation</b>            7:00 – 7:30 AM</p> <p><b>*Monday Night Class</b>            7:00 – 8:15 PM</p>	<p>5</p> <p><b>Heart Jewel/ Lamrim Meditation</b>            5:00 – 6:00 PM</p>	<p>6</p> <p><b>*Midday Meditation</b>            12:15 – 12:45 PM</p> <p><b>Heart Jewel/ Lamrim Meditation</b>            5:00-6:00 PM</p>	<p>7</p> <p><b>*Thursday Morning Class</b>            10:00 – 11:15 AM</p> <p><b>Dakini Yoga (HYT)</b>            5:00 – 6:00 PM</p>	<p>8</p> <p><b>TARA DAY</b>  <b>Tara Puja</b>            12:00-1:00 PM  <b>*After Work Meditation Class Break</b>  <b>*Introduction to Lamrim Retreat</b>            7:00 – 8:30 PM</p>	<p>9</p> <p><b>Lamrim Retreat</b>            Session 1: 10-11:15 AM            Session 2: 12-1:15 PM            Session 3: 3-4:15 PM            Session 4: 5:15-6:30 PM</p>
<p><b>VAJRAYOGINI DAY</b> 10</p> <p><b>*Sunday Morning Series</b>            10:00 -11:15 AM  <b>*Lamrim Retreat</b>            Session 5: 1-2:15 PM            Session 6: 3:15-4:30 PM  <b>OSG with Food Offering</b>            5:30-7:30 PM</p>	<p>11</p> <p><b>*Early Morning Meditation Class Break</b>  <b>*Lamrim Retreat</b>            Session 7: 9-10:15 AM            Session 8: 11:15-12:30 PM            Session 9: 5:00-6:15 PM            Session 10: 7:00-8:15 PM</p>	<p>12</p> <p><b>*Lamrim Retreat</b>            Session 11: 9-10:15 AM            Session 12: 11:15-12:30 PM            Session 13: 5:00-6:15 PM            Session 14: 7:00-8:15 PM</p>	<p>13</p> <p><b>*Mid-day Meditation Class Break</b>  <b>*Lamrim Retreat</b>            Session 15: 9-10:15 AM            Session 16: 11:15-12:30 PM            Session 17: 5:00-6:15 PM            Session 18: 7:00-8:15 PM</p>	<p>14</p> <p><b>*Lamrim Retreat</b>            Session 19: 9 10:00-11:15 AM  <b>WFJ with Tsog</b>            1:00-2:15</p>	<p>15</p> <p><b>PRECEPTS DAY</b>  <b>Precepts</b>            6:30 – 7:15 AM  <b>Heart Jewel/ Lamrim Meditation</b>            12:00-100 PM  <b>*After Work Meditation</b>            6:00 – 6:30 PM</p>	<p>16</p> <p><b>*Class &amp; Puja Break</b></p>
<p>17</p> <p><b>*Sunday Morning Series</b>            10:00 -11:30 AM</p>	<p>18</p> <p><b>*Early Morning Meditation</b>            7:00 – 7:30 AM</p> <p><b>*Monday Night Class</b>            7:00 – 8:15 PM</p>	<p>19</p> <p><b>Heart Jewel/ Lamrim Meditation</b>            5:00 – 6:00 PM</p>	<p>20</p> <p><b>**Sojong**</b>            10:00 – 11:15 AM  <b>*Midday Meditation</b>            12:15 – 12:45 PM  <b>Heart Jewel/ Lamrim Meditation</b>            5:00-6:00 PM  <b>*New! Monthly Series: Become a Better Meditator</b>            7:00-8:00 PM</p>	<p>21</p> <p><b>*Thursday Morning Class</b>            10:00 – 11:15 AM</p> <p><b>Dakini Yoga (HYT)</b>            5:00 – 6:00 PM</p>	<p>22</p> <p><b>*Heart Jewel with Lamrim Meditation</b>            12:00 – 12:30 PM  <b>*After Work Meditation</b>            6:00 – 6:30 PM  <b>Meditations for Healing Ourselves and Others: Medicine Buddha Retreat Introduction</b>            7:00 – 8:30 PM</p>	<p>23</p> <p><b>*Meditations for Healing Ourselves and Others: Medicine Buddha Retreat</b>            Session 1: 10-11:15 AM            Session 2: 12-1:15 PM            Session 3: 3-4:15 PM            Session 4: 5:15-6:30 PM</p>
<p>24/31</p> <p><b>*Sunday Morning Series</b>            10:00 -11:30 AM</p>	<p><b>HERUKA DAY</b> 25</p> <p><b>*Early Morning Meditation</b>            7:00 – 7:30 AM  <b>OSG with Food Offering</b>            4:00–600 PM  <b>*Monday Night Class</b>            7:00 – 8:15 PM</p>	<p>26</p> <p><b>Heart Jewel/ Lamrim Meditation</b>            5:00 – 6:00 PM</p>	<p>27</p> <p><b>*Midday Meditation</b>            12:15 – 12:45 PM</p> <p><b>Heart Jewel/ Lamrim Meditation</b>            5:00-6:00 PM</p>	<p>28</p> <p><b>*Thursday Morning Class</b>            10:00 – 11:15 AM</p> <p><b>Dakini Yoga (HYT)</b>            5:00 – 6:00 PM</p>	<p>29</p> <p><b>PROTECTOR DAY</b>  <b>WFJ with Food Offering</b>            12:00-1:30 PM  <b>*After Work Meditation</b>            6:00 – 6:30 PM</p>	<p>30</p> <p><b>The Uncommon Yoga of Inconceivability (HYT)</b>            Session 1: 10-11:15 AM            Session 2: 12-1:15 PM            Session 3: 3-4:15 PM            Session 4: 5:15-6:30 PM</p>