

# Kadampa Meditation Center Madison

# March 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 Meditation 10:00 – 11:15 AM	5 Heart Jewel/ Lamrim Meditation 12:00-1:00 PM *After Work Meditation 6:00 – 6:30 PM	6 Powa Practice 5:00 – 6:00 PM
7 *Livestream Sunday Morning Class 10:00 -11:15 AM	TARA DAY 8 *Early Morning Meditation 7:00 – 7:30 AM *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 TSOG DAY *Mid-day Meditation 12:15 – 12:45 PM OSG with Food Offering 5:00–7:00 PM	11 Livestream Thursday Morning Meditation 10:00 – 11:15 AM Dakini Yoga (HYT) 5:00 – 6:00 PM	12 Heart Jewel/ Lamrim Meditation 12:00-1:00 PM *After Work Meditation 6:00 – 6:30 PM	13 *No Class or Puja
14 *Livestream Sunday Morning Class 10:00 -11:15 AM	15 PRECEPTS Precepts 6:30-7:15 AM *Early Morning Meditation 7:00 – 7:30 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 *Friday Lecture: Transforming Sadness 7:00-8:15 PM	20 Medicine Buddha Puja 5:00 – 6:00 PM
21 *Livestream Sunday Morning Class 10:00 -11:15 AM	22 *Early Morning Meditation 7:00 – 7:30 AM *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 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	27 What Happens When We Die?: A Buddhist Perspective 10:00 AM-1:00 PM
28 *Livestream Sunday Morning Class 10:00 -11:15 AM	29 PROTECTOR DAY WFJ with Food Offering 4:30-6:00 PM *Livestream Monday Nights 7:00-8:15 PM	30 Heart Jewel/ Lamrim Meditation 5:00 – 6:00 PM Foundation Program 7:00 – 9:00 PM	31 *Mid-day Meditation 12:15 – 12:45 PM Heart Jewel/ Lamrim Meditation 5:00 – 6:00 PM	HYT: HYT Empowerment needed to attend *Beginner Friendly Class or Event		