

# Kadampa Meditation Center Madison

## MAY 2021

www.meditationinmadison.org

1825 S. Park St.

608-661-3211

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(HYT) - HYT empowerment needed to attend FNL- Friday Night Lecture						<b>1</b>  <b>Manjushri Empowerment</b> 9 AM-5 PM  <b>Wishfulfilling Jewel Puja with Food Offering</b> 6-8:30 PM
<b>2</b>  <b>*Livestream Sunday Morning Class</b> 10:00 -11:15 AM	<b>3</b>  <b>*Early Morning Meditation</b> 7:00 – 7:30 AM <b>*Livestream Monday Nights</b> 7:00-8:15 PM	<b>4</b>  <b>Heart Jewel/ Lamrim Meditation</b> 5:00 – 6:00 PM <b>Foundation Program</b> 7:00-9:00 PM	<b>5</b>  <b>*Mid-day Meditation</b> 12:15 – 12:45 PM  <b>Heart Jewel/ Lamrim Meditation</b> 5:00 – 6:00 PM	<b>6</b>  <b>Livestream Thursday Morning Class</b> 10:00 – 11:15 AM  <b>Powa</b> 5:00 – 6:00 PM	<b>7</b>  <b>Heart Jewel/ Lamrim Meditation</b> 12:00-1:00 PM <b>*After Work Meditation</b> 6:00 – 6:30 PM	<b>8</b>  <b>Tara Puja</b> 4:00 – 5:00 PM
<b>9</b>  <b>*Livestream Sunday Morning Series</b> 10:00 -11:15 AM	<b>10</b>  <b>TSOG DAY</b> <b>*Early Morning Meditation</b> 7:00 – 7:30 AM <b>OSG with Food Offering</b> 4:00-6:00 PM <b>*Livestream Monday Night Class</b> 7:00-8:15 PM	<b>11</b>  <b>Heart Jewel/ Lamrim Meditation</b> 5:00 – 6:00 PM <b>Foundation Program</b> 7:00-9:00 PM	<b>12</b>  <b>*Mid-day Meditation</b> 12:15 – 12:45 PM  <b>Heart Jewel/ Lamrim Meditation</b> 5:00 – 6:00 PM	<b>13</b>  <b>Livestream Thursday Morning Class</b> 10:00 – 11:15 AM  <b>Dakini Yoga (HYT)</b> 5:00 – 6:00 PM	<b>14</b>  <b>Heart Jewel/ Lamrim Meditation</b> 12:00-1:00 PM <b>*After Work Meditation</b> 6:00 – 6:30 PM <b>*FNL: Moving Beyond Anger and Frustration</b> 7:00-8:15 PM	<b>15</b>  <b>PRECEPTS DAY</b> <b>Precepts</b> 6:30-7:15 AM <b>Medicine Buddha</b> 5:00 – 6:00 PM
<b>16</b>  <b>*Livestream Sunday Morning Series</b> 10:00 -11:15 AM	<b>17</b>  <b>*Early Morning Meditation</b> 7:00 – 7:30 AM <b>*Livestream Monday Nights</b> 7:00-8:15 PM	<b>18</b>  <b>Heart Jewel/ Lamrim Meditation</b> 5:00 – 6:00 PM <b>Foundation Program</b> 7:00-9:00 PM	<b>19</b>  <b>**Sojong**</b> 10:00 – 11:15 AM <b>*Mid-day Meditation</b> 12:15 – 12:45 PM <b>Heart Jewel/ Lamrim Meditation</b> 5:00 – 6:00 PM	<b>20</b>  <b>Livestream Thursday Morning Class</b> 10:00 – 11:15 AM  <b>Dakini Yoga (HYT)</b> 5:00 – 6:00 PM	<b>21</b>  <b>Heart Jewel/ Lamrim Meditation</b> 12:00-1:00 PM <b>*After Work Meditation</b> 6:00 – 6:30 PM	<b>22</b>  <b>Tantra Pure and Simple</b> 10-2:00 PM
<b>23/30</b>  <b>*Livestream Sunday Morning Series</b> 10:00 -11:15 AM	<b>24/31</b>  <b>*Early Morning Meditation</b> 7:00 – 7:30 AM <b>*Livestream Monday Nights</b> 7:00-8:15 PM	<b>25</b>  <b>TSOG DAY</b> <b>OSG with Food Offering</b> 4:00 –6:00 PM  <b>Foundation Program</b> 7:00-9:00 PM	<b>26</b>  <b>*Mid-day Meditation</b> 12:15 – 12:45 PM  <b>Heart Jewel/ Lamrim Meditation</b> 5:00 – 6:00 PM	<b>27</b>  <b>Livestream Thursday Morning Class</b> 10:00 – 11:15 AM  <b>Dakini Yoga (HYT)</b> 5:00 – 6:00 PM	<b>28</b>  <b>Int'l Spring UK Festival</b> <b>Heart Jewel/ Lamrim Meditation</b> 12:00-1:00 PM <b>*After Work Meditation</b> 6:00 – 6:30 PM	<b>29</b>  <b>Int'l Spring UK Festival</b>  <b>Wishfulfilling Jewel with Food Offering</b> 7:00-8:30 PM