

December 2022



Kadampa Meditation Center Madison

meditationinmadison.org · 1825 Park St. · (608) 661-3211

SUN	MON	TUES	WED	THURS	FRI	SAT
SPECIAL NOTES • Beginner friendly sessions noted with # OSG = Offering to the Spiritual Guide WFJ = Wishfulfilling Jewel COLOR KEY: Special classes in blue				1 Free 15-Minute Meditation # 12-12:15 PM WFJ with silent meditation 5:30-6:30 PM	2 Powa Practice 5:30-6:30 PM	3 The Power of Quiet: Clarity of the Mind Retreat 9 AM - 4 PM
4 Prayers for World Peace 9-9:30 AM Coffee, tea & community 9:30-10 AM Sunday Morning Class # & Meditation for Kids 10-11:30 AM	5 Milwaukee Branch Class # 7-8:30 PM	6 Free 15-Minute Meditation # 12-12:15 PM Foundation Program 7-9 PM	7 Quick Path (HYT) 10-11:30 AM WFJ with silent meditation 5:30-6:30 PM	8 TARA DAY Free 15-Minute Meditation # 12-12:15 PM Tara Practice 5:30-6:30 PM	9 Friday Night Lecture: Protecting Your Future # 7-8:30 PM	10 OSG with food offering 1-3 PM
11 Prayers for World Peace 9-9:30 AM Coffee, tea & community 9:30-10 AM Sunday Morning Class # & Meditation for Kids 10-11:30 AM Quad Cities Branch Class #	12 Milwaukee Branch Class # 7-8:30 PM	13 Free 15-Minute Meditation # 12-12:15 PM Foundation Program 7-9 PM	14 Quick Path (HYT) 10-11:30 AM WFJ with silent meditation 5:30-6:30 PM	15 PRECEPTS DAY Free 15-Minute Meditation # 12-12:15 PM WFJ with silent meditation 5:30-6:30 PM	16 Medicine Buddha 5:30-6:30 PM	17 Streams of Purifying Nectar retreat # 9 AM - 5 PM
18 Prayers for World Peace 9-9:30 AM Coffee, tea & community 9:30-10 AM Sunday Morning Class # & Meditation for Kids 10-11:30 AM Introduction to the Close Retreat of Guru Sumati Buddha Heruka 1-4 PM	19 Milwaukee class break	20 Free 15-Minute Meditation # 12-12:15 PM FP winter break begins	21 Class and puja break	22 Free 15-Minute Meditation # 12-12:15 PM	23 Class and puja break	24 Class and puja break
25 Class and puja break	26 Class and puja break	27 Class and puja break	28 Class and puja break	29 Class and puja break	30 Class and puja break	31 Candlelight Meditations for World Peace # 7-8:30 PM Meditation for Kids 7-8:30 PM