

SUN	MON	TUES	WED	THURS	FRI	SAT
SPECIAL NOTES • Beginner friendly sessions noted with # • All sessions are livestreamed and in-person except 30-Min Meditation (available by livestream only)						1 New Year's Day Powa 5:30-6:30 PM
2 Sunday morning class # 10-11:30 AM Introduction to Lamrim Retreat # 7-8:30 PM	3 Lamrim Retreat # Session 1: 9-10:15 AM Session 2: 11:15 AM-12:30 PM Session 3: 5-6:15 PM Session 4: 7-8:15 PM	4 Lamrim Retreat # Session 5: 9-10:15 AM Session 6: 11:15 AM-12:30 PM Session 7: 5-6:15 PM Session 8: 7-8:15 PM	5 Lamrim Retreat # Session 9: 9-10:15 AM Session 10: 11:15 AM-12:30 PM Session 11: 5-6:15 PM Session 12: 7-8:15 PM	6 Lamrim Retreat # Session 13: 9-10:15 AM Session 14: 11:15 AM-12:30 PM Session 15: 5-6:15 PM WFJ with food offering: 7-8:30 PM	7 Heart Jewel Practice 12-12:40 PM	8 TARA DAY New Year, New You # 10 AM - 1:30 PM
9 Sunday morning class # 10-11:15 AM	10 VAJRAYOGINI DAY 30-Min Meditation # 7 AM & 12 PM OSJ with food offering 5:30-7:30 PM	11 Heart Jewel 6-6:40 PM	12 30-Min Meditation # 7 AM & 12 PM Heart Jewel with Lamrim 5:30-6:30 PM	13 30-Min Meditation # 7 AM & 12 PM Quick Path to Great Bliss Introduction 7-8:30 PM	14 Quick Path to Great Bliss 9-10:30 AM, 1-2:30 PM, 5:30-7 PM	15 Quick Path to Great Bliss 9-10:30 AM, 1-2:30 PM, 5:30-7 PM
16 Sunday morning class # 10-11:15 AM	17 30-Min Meditation # 7 AM & 12 PM Monday Night Class # 7-8:15 PM	18 Heart Jewel 6-6:40 PM	19 30-Min Meditation # 7 AM & 12 PM Heart Jewel with Lamrim 5:30-6:30 PM	20 30-Min Meditation # 7 AM & 12 PM	21 Heart Jewel Practice 12-12:40 PM	22 Medicine Buddha 5:30-6:30 PM
23 Sunday morning class # 10-11:15 AM	24 30-Min Meditation # 7 AM & 12 PM Monday Night Class # 7-8:15 PM	25 HERUKA DAY OSG with food offering 5:30-7:30 PM	26 30-Min Meditation # 7 AM & 12 PM Heart Jewel with Lamrim 5:30-6:30 PM	27 30-Min Meditation # 7 AM & 12 PM	28 Heart Jewel Practice 12-12:40 PM Friday Night Lecture: Living Fearlessly When Things Fall Apart - Introduction # 7-8:15 PM	29 PROTECTOR DAY Retreat: Living Fearlessly When Things Fall Apart # 9:30-AM - 3 PM WFJ with food offering 7-8:30 PM
30 Special Sunday class # 10-11:30 AM Tea + Q&A # 11:30 AM	31 30-Min Meditation # 7 AM & 12 PM Monday Night Class # 7-8:15 PM					