



SUN	MON	TUES	WED	THURS	FRI	SAT
1 Special Sunday morning class # 10-11:15 AM Teaching: Profound Healing with Medicine Buddha # 1-2 PM & 3-4 PM	2 30-Min Meditation # Tantra: The Practice 7-8:30 PM	3 Foundation Program 7-9 PM	4 30-Min Meditation # WFJ with silent meditation 5:30-6:30 PM	5 WFJ with silent meditation 5:30-6:30 PM Thursday Night Class # 7-8:15 PM	6 30-Min Meditation # WFJ with silent meditation 5:30-6:30 PM	7 Powa 5:30-6:30 PM
8 TARA DAY Prayers for World Peace # 10-11:15 AM Tara Practice 1:30-2:30 PM	9 30-Min Meditation # Tantra: The Practice (HYT) 7-8:30 PM	10 OSG with food offering 4-6 PM Foundation Program 7-9 PM	11 30-Min Meditation # WFJ with silent meditation 5:30-6:30 PM	12 WFJ with silent meditation 5:30-6:30 PM Thursday Night Class # 7-8:15 PM	13 30-Min Meditation # WFJ with silent meditation 5:30-6:30 PM	14 Journey into Your Mind mini-retreat 10 AM - 3 PM
15 PRECEPTS DAY Precepts 6:30-7:15 AM Prayers for World Peace # 10-11:15 AM	16 30-Min Meditation # Tantra: The Practice (HYT) 7-8:30 PM	17 Foundation Program 7-9 PM	18 30-Min Meditation # WFJ with silent meditation 5:30-6:30 PM	19 WFJ with silent meditation 5:30-6:30 PM Thursday Night Class # 7-8:15 PM	20 30-Min Meditation # Friday Night Lecture: Overcoming Overwhelm 7-8:15 PM	21 Medicine Buddha 5:30-6:30 PM
22 Prayers for World Peace # 10-11:15 AM Quad Cities class # 2-3:30 PM	23 30-Min Meditation # Tantra: The Practice (HYT) 7-8:30 PM	24 Foundation Program 7-9 PM	25 30-Min Meditation # OSG with food offering 5:30-7:30 PM	26 WFJ with silent meditation 5:30-6:30 PM Thursday Night Class # 7-8:15 PM	27 30-Min Meditation # WFJ with silent meditation 5:30-6:30 PM	28 Milwaukee class # 11 AM - 12:15 PM
29 PROTECTOR DAY Prayers for World Peace # 10-11:15 AM WFJ with food offering 1-3 PM	30 30-Min Meditation # Tantra: The Practice (HYT) 7-8:30 PM	31 Foundation Program 7-9 PM	SPECIAL NOTES • Beginner friendly sessions noted with # • All sessions are livestreamed and in-person except 30-Min Meditation (available by livestream only) OSG = Offering to the Spiritual Guide WFJ = Wishfulfilling Jewel		COLOR KEY: Special classes in blue Pujas in green Weekly classes in black Out of town branches in purple	