

November 2022



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 Pujas in green Weekly classes in black Out of town branches in purple		1 Free 15-Minute Meditation # 12-12:15 PM Foundation Program 7-9 PM	2 Quick Path (HYT) 10-11:30 AM WFJ with silent meditation 5:30-6:30 PM	3 Free 15-Minute Meditation # 12-12:15 PM WFJ with silent meditation 5:30-6:30 PM Thursday Night Class # 7-8:15 PM	4 Powa Practice 6:30-7:30 PM	5 Center Cherishing Day 1-3 PM
6 Prayers for World Peace 9-9:30 AM Coffee, tea & community 9:30-10 AM Sunday Morning Class # 10-11:30 AM	7 Milwaukee class # 7-8:30 PM	8 TARA DAY Free 15-Minute Meditation # 12-12:15 PM Tara Practice 5:30-6:30 PM Foundation Program 7-9 PM	9 Quick Path (HYT) 10-11:30 AM WFJ with silent meditation 5:30-6:30 PM	10 Free 15-Minute Meditation # 12-12:15 PM OSG with food offering 4-6 PM Thursday Night Class # 7-8:15 PM	11 Living With Momentum weekend Friday Night Lecture: Seeing Beyond Our Imperfect World # 7-8:15 PM	12 Living With Momentum weekend The Power of Pure Intention # 10 AM - 1 PM
13 Living With Momentum weekend Special Sunday morning class: Overcoming Spiritual Discouragement # 10-11:30 AM	14 Milwaukee class # 7-8:30 PM	15 PRECEPTS DAY Precepts 6:30-7:15 PM Free 15-Minute Meditation # 12-12:15 PM Foundation Program 7-9 PM	16 Quick Path (HYT) 10-11:30 AM WFJ with silent meditation 5:30-6:30 PM	17 Free 15-Minute Meditation # 12-12:15 PM WFJ with silent meditation 5:30-6:30 PM Thursday Night Class # 7-8:15 PM	18 Medicine Buddha 6:30-7:30 PM	19 Minneapolis class #
20 Prayers for World Peace 9-9:30 AM Coffee, tea & community 9:30-10 AM Sunday Morning Class # 10-11:30 AM Quad Cities class #	21 Class break	22 Free 15-Minute Meditation # 12-12:15 PM FP break	23 Quick Path (HYT) 10-11:30 AM WFJ with silent meditation 5:30-6:30 PM	24 Class and puja break	25 OSG with food offering 6:30-8:30 PM	26
27 Prayers for World Peace 9-9:30 AM Coffee, tea & community 9:30-10 AM Sunday Morning Class # 10-11:30 AM	28 Milwaukee class # 7-8:30 PM	29 PROTECTOR DAY Free 15-Minute Meditation # 12-12:15 PM WFJ with food offering 4:30-6 PM Foundation Program 7-9 PM	30 Quick Path (HYT) 10-11:30 AM WFJ with silent meditation 5:30-6:30 PM			