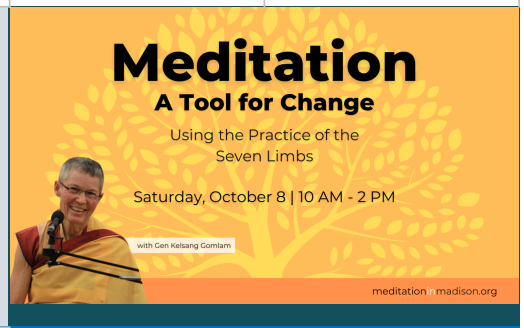
October 2022

Kadampa Meditation Center Madison
meditationinmadison.org · 1825 Park St. · (608) 661-3211

SUN	MON	TUES	WED	THURS	FRI	SAT
						1
2 **Prayers for World Peace** 9-9:30 AM **Coffee, tea & community** 9:30-10 AM **Sunday Morning Class #** 10-11:30 AM	**3** **Milwaukee class #** 7-8:30 PM	**4** **Free 15-Minute Meditation #** 12-12:15 PM **Foundation Program** 7-9 PM	**5** **Quick Path (HYT)** 10-11:30 AM **WFJ with silent meditation** 5:30-6:30 PM	**6** **Free 15-Minute Meditation #** 12-12:15 PM **WFJ with silent meditation** 5:30-6:30 PM **Thursday Night Class #** 7-8:15 PM	**7** **Powa Practice** 6:30-7:30 PM	**8** **TARA DAY** **Tara Practice** 8:30-9:30 AM **Meditation: A Tool for Change #** 10 AM - 2 PM
9 **Prayers for World Peace** 9-9:30 AM **Coffee, tea & community** 9:30-10 AM **Sunday Morning Class #** 10-11:30 AM	**10** **OSG with food offering** 6:30-8:30 PM **Milwaukee class #** 7-8:30 PM	**11** **Free 15-Minute Meditation #** 12-12:15 PM **Foundation Program** 7-9 PM	**12** **Puja break**	**13** **Class and puja break**	**14** **Fall Int'l Festival begins** **Class & puja break**	**15**
16	**17**	**18**	**19** **Fall Int'l Festival** **Class & puja break**	**20**	**21**	**22**
23 **Prayers for World Peace** 9-9:30 AM **Coffee, tea & community** 9:30-10 AM **Sunday Morning Class #** 10-11:30 AM **Meditation for Kids** 10-11:30 AM	**24** **Milwaukee class #** 7-8:30 PM	**25** **Free 15-Minute Meditation #** 12-12:15 PM **OSG with food offering** 4-6 PM **Foundation Program** 7-9 PM	**26** **Quick Path (HYT)** 10-11:30 AM **WFJ with silent meditation** 5:30-6:30 PM	**27** **Free 15-Minute Meditation #** 12-12:15 PM **WFJ with silent meditation** 5:30-6:30 PM **Thursday Night Class #** 7-8:15 PM	**28** **Medicine Buddha** 6:30-7:30 PM	**29** **PROTECTOR DAY** **Minneapolis class #** **Quad Cities class #** **WFJ with food offering** 10-11:30 AM
30 **Prayers for World Peace** 9-9:30 AM **Coffee, tea & community** 9:30-10 AM **Special Sunday morning class (followed by Open House) #** 10-11:30 AM *Free of charge*	**31** **Milwaukee class #** 7-8:30 PM	**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**				

Updated 9/23/2022