

February 2023



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 HYT= Highest Yoga Tantra Empowerments Needed to Attend FP = Foundation Program TTP = Teacher Training Program			1 Quick Path (HYT) 10-11:30 AM	2 WFJ with silent meditation 10-11:15 AM	3 Powa Practice 6:30-7:30 PM	4	
5 Meditations for World Peace # 10-11:30 AM Coffee, Tea & Community 11:30 AM - 12 PM TTP 4-6 PM	6 Milwaukee class # 6:30-8 PM	7 35 Confession Buddhas 8-8:45 AM WFJ with silent meditation 10-11:15 AM Foundation Program Join Day 7-9 PM	8 TARA DAY Quick Path (HYT) 10-11:30 AM Tara Puja 5-6 PM TTP 7-9 PM	9 WFJ with silent meditation 10-11:15 AM Thursday Class at Goodman Center # 7-8:15 PM	10 OSG with food offering 6:30-8:30 PM	11 Harmony Wherever You Are: An Explanation of the Four Immeasurables # 10 AM - 3 PM Session 1: 10-10:45 AM Session 2: 11:15 AM - 12 PM Session 3: 1-1:45 PM Session 4: 2:15-3 PM	
12 Meditations for World Peace # 10-11:30 AM Coffee, Tea & Community 11:30 AM - 12 PM TTP 4-6 PM	13 Milwaukee class # 6:30-8 PM	14 35 Confession Buddhas 8-8:45 AM WFJ with silent meditation 10-11:15 AM FP 7-9 PM	15 PRECEPTS DAY Precepts 6:30-7:15 AM Quick Path (HYT) 10-11:30 AM TTP 7-9 PM	16 WFJ with silent meditation 10-11:15 AM Thursday Class at Goodman Center # 7-8:15 PM	17 Quad Cities class # 6:30-8 PM	18 Center Cherishing Day 9 AM - 12 PM	
19 Meditations for World Peace # 10-11:30 AM Coffee, Tea & Community 11:30 AM - 12 PM TTP 4-6 PM	20 Milwaukee class # 6:30-8 PM	21 35 Confession Buddhas 8-8:45 AM WFJ with silent meditation 10-11:15 AM FP 7-9 PM	22 Quick Path (HYT) 10-11:30 AM TTP 7-9 PM	23 WFJ with silent meditation 10-11:15 AM Thursday Class at Goodman Center # 7-8:15 PM	24 Medicine Buddha 6:30-7:30 PM	25 An Introduction to Emptiness, for Everyone # 10 AM - 2 PM Session 1: 10-11:30 PM Session 2: 12:30-2 PM OSG with food offering 4-6 PM	
26 Meditations for World Peace # 10-11:30 AM Coffee, Tea & Community 11:30 AM - 12 PM TTP 4-6 PM	27 Milwaukee class # 6:30-8 PM	28 35 Confession Buddhas 8-8:45 AM WFJ with food offering 4:30-6 PM FP 7-9 PM	COLOR KEY: Special classes in blue Pujas in green Weekly classes in black Branches in purple				