

# January 2023



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

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>1</b> <i>New Year's Day</i> <b>Special Sunday morning class: Confidence to Change #</b> 10-11:30 AM <b>Meditation for Kids</b> 10-11:30 AM	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> <b>The 3 Principal Aspects of the Path (Lamrim)</b> 9-10:30 AM 11:30 AM -1 PM 2:30-4 PM 5-6:30 PM
Class and puja break						
<b>8</b> <b>TARA DAY</b> <b>Sunday class # &amp; Meditation for Kids</b> 10-11:30 AM <b>Tara Puja</b> 1-2 PM	<b>9</b> <b>Milwaukee class #</b> 7-8:30 PM	<b>10</b> <b>VAJRAYOGINI DAY</b> <b>15-Minute Meditation #</b> 12-12:15 PM <b>OSG with food offering</b> 6:30-8:30 PM	<b>11</b> <b>Quick Path (HYT)</b> 10-11:30 AM <b>WFJ with silent meditation</b> 5-6 PM	<b>12</b> <b>15-Minute Meditation #</b> 12-12:15 PM <b>WFJ with silent meditation</b> 5-6 PM	<b>13</b> <b>Powa</b> 6:30-7:30 PM	<b>14</b> <b>Beginners Meditation Mini-Retreat</b> 10-1:15 PM 10-10:45 AM; 11:15 AM - 12 PM; 12:30-1:15 PM
<b>15</b> <b>PRECEPTS DAY</b> <b>Precepts</b> 6:30-7:15 AM <b>Sunday class # &amp; Meditation for Kids</b> 10-11:30 AM	<b>16</b> <b>Milwaukee class #</b> 7-8:30 PM	<b>17</b> <b>15-Minute Meditation #</b> 12-12:15 PM <b>WFJ with silent meditation</b> 5-6 PM	<b>18</b> <b>Quick Path (HYT)</b> 10-11:30 AM <b>WFJ with silent meditation</b> 5-6 PM	<b>19</b> <b>15-Minute Meditation #</b> 12-12:15 PM <b>WFJ with silent meditation</b> 5-6 PM <b>Free Talk &amp; Meditation New Year, New You (Goodman Center) #</b> 7-8:15 PM	<b>20</b> <b>Introduction to Vajrayogini Retreat (HYT only)</b> 7-8:30 PM	<b>21</b> <b>Vajrayogini Retreat (HYT only)</b> 9-11 AM; 1-3 PM; 5-7 PM
<b>22</b> <b>Sunday class # &amp; Meditation for Kids</b> 10-11:30 AM <b>Vajrayogini Retreat (HYT only)</b> 1-2:30 PM; 4:30-7 PM ( <b>Quick Path with tsog</b> )	<b>23</b> <b>Milwaukee class #</b> 7-8:30 PM	<b>24</b> <b>15-Minute Meditation #</b> 12-12:15 PM <b>WFJ with silent meditation</b> 5-6 PM	<b>25</b> <b>HERUKA DAY</b> <b>OSG with food offering</b> 6:30-8:30 PM	<b>26</b> <b>15-Minute Meditation #</b> 12-12:15 PM <b>WFJ with silent meditation</b> 5-6 PM	<b>27</b> <b>Friday Night Lecture: From Chaos to Calm #</b> 7-8:30 PM	<b>28</b> <b>Destination: Stillness Weekend</b> 9-10 AM 11 AM - 12 PM 1:30-2:30 PM 3:30-4:30 PM
<b>29</b> <b>PROTECTOR DAY</b> <b>Special Sunday Talk: A Life Less Distracted #</b> 10-11:30 AM <b>Meditation for Kids</b> 10-11:30 AM <b>WFJ with food offering</b> 2-3:30 PM	<b>30</b> <b>Milwaukee class break</b>	<b>31</b> <b>15-Minute Meditation #</b> 12-12:15 PM <b>WFJ with silent meditation</b> 5-6 PM	<b>SPECIAL NOTES</b> • Beginner friendly sessions noted with #  OSG = Offering to the Spiritual Guide WFJ = Wishfulfilling Jewel HYT= Highest Yoga Tantra Empowerments Needed to Attend		<b>COLOR KEY:</b> Special classes in blue Pujas in green Weekly classes in black Out of town branches in purple	