

November 2023



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

SUN	MON	TUES	WED	THURS	FRI	SAT
SPECIAL NOTES OSG = Offering to the Spiritual Guide WFJ = Wishfulfilling Jewel HYT = Highest Yoga Tantra empowerment required * = livestream available for members			1 Quick Path (HYT) 8-9:30am Meditation at Noon 12-12:30 pm TTP break Quad Cities class 6:30-7:30pm	2 Heart Jewel 8-9am Purifying Negativity through the healing practice of Vajrasattva* 6:30-7:45pm	3 Lamrim: Stages of the Path* 11am-12pm	4 White Tara Empowerment* 10am-4pm
5 Meditations for World Peace* 10-11:15am Coffee, Tea & Community 11:15am - 12pm TTP break	6 Milwaukee class 6:30-8pm	7 FP break	8 Meditation at Noon 12-12:30 pm TTP break Quad Cities Class 6:30-7:30pm	9 Purifying Negativity through the healing practice of Vajrasattva* 6:30-7:45pm	10 Lamrim: Stages of the Path* 11am-12pm OSG with food offering 6:30-8:30pm	11
12 Meditations for World Peace* 10-11:15am Coffee, Tea & Community 11:15am - 12pm TTP break	13 Milwaukee class 6:30-8pm	14 Heart Jewel 8-9am 35 Confession Buddhas 11-11:45am FP 7-9pm	15 PRECEPTS DAY Precepts 6:30-7:15am Quick Path (HYT) 8-9:30am Meditation at Noon 12-12:30 pm TTP 6:30-8:30pm Quad Cities class 6:30-7:30pm	16 Heart Jewel 8-9am	17 Lamrim: Stages of the Path* 11am-12pm Caring for Ourselves and Others (Quad Cities) 6:30-8pm	18 Finding Gratitude Everywhere* 10am-12:30pm
19 Meditations for World Peace* 10-11:15am Coffee, Tea & Community 11:15am - 12pm TTP 4-6pm	20 Milwaukee class 6:30-8pm	21 Heart Jewel 8-9am 35 Confession Buddhas 11-11:45am FP 7-9pm	22 Quick Path (HYT) 8-9:30am Meditation at Noon 12-12:30 pm TTP 6:30-8:30pm Quad Cities class 6:30-7:30pm	23 Center closed for Thanksgiving	24 Lamrim: Stages of the Path* 11am-12pm	25 Day of Silence 10am - 3:30pm OSG with food offering 4:30-6:30pm
26 Meditations for World Peace* 10-11:15am Coffee, Tea & Community 11:15am - 12pm TTP 4-6pm	27 Milwaukee class 6:30-8pm	28 Heart Jewel 8-9am 35 Confession Buddhas 11-11:45am FP 7-9pm	29 PROTECTOR DAY Quick Path (HYT) 8-9:30am WFJ with food offering 6:30-8:30pm Quad Cities class 6:30-7:30pm	30 Heart Jewel 8-9am The Four Seals of Mahamudra: A Special Insight into Reality* 6:30-7:45pm	COLOR KEY: Special classes in blue Pujas in green Weekly classes in black Out of town branches in purple	