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

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|--|------------------------------------|--|--|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Meditations for World Peace* 10-11:15am | Milwaukee class 6:30-8pm | Heart Jewel 8-9am | Quick Path 8-10am Meditation at Noon | Heart Jewel 8-9am | Lamrim: Stages of the Path* llam-l2pm | Center Cherishing 9am-12pm |
| Coffee, Tea & Community 11:15am - 12pm TTP 4-6pm | | 35 Confession Buddhas 11am-12pm Quad Cities class 6:30-7:30pm FP 6:30-8:30pm | 12-12:30 pm TTP 6:30-8:30pm | Appearance and Emptiness in Our Daily Life* 6:30-7:30pm | Powa 6:30-7:30pm | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| Meditations for World Peace* 10-11:15am Coffee, Tea & Community 11:15am - 12pm Tara prayers 2:30-3:30pm TTP 4-6pm | Milwaukee class 6:30-8pm | Heart Jewel 8-9am 35 Confession Buddhas 11am-12pm Quad Cities class 6:30-7:30pm FP/OSG with Tsog 6:30-8:30pm | Quick Path 8-10am Meditation at Noon 12-12:30 pm TTP 6:30-8:30pm | Heart Jewel 8-9am Appearance and Emptiness in Our Daily Life* 6:30-7:30pm | Lamrim: Stages of the Path* 11am-12pm Quad Cities class 6:30-8pm | A Holiday of Harmony 6pm |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Meditations for World Peace* 10-11:15am Coffee, Tea & Community 11:15am - 12pm TTP 4-6pm | Milwaukee class 6:30-8pm | Heart Jewel 8-9am 35 Confession Buddhas 11am-12pm Quad Cities class 6:30-7:30pm FP 6:30-8:30pm | Quick Path 8-10am Meditation at Noon 12-12:30 pm TTP 6:30-8:30pm | Heart Jewel 8-9am Appearance and Emptiness in Our Daily Life* 6:30-7:30pm | Lamrim: Stages of the Path* 11am-12pm | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| Meditations for World Peace* 10-11:15am Coffee, Tea & Community 11:15am - 12pm TTP 4-6pm | Milwaukee class break | Class break | Class break OSG with Tsog 10am-12pm | Heart Jewel 8-9am | Lamrim: Stages of the Path* 11am-12pm | Letting Go and Purifying - th practice of Vajrasattva* 10am-1pm |
| 29 | 30 | 31 | SPECIAL NOTES OSG = Offering to the Spiritual | Guide | COLOR KEY: Special classes in blue | |
| Meditations for World Peace* 0-11:15am Coffee, Tea & Community 1:15am - 12pm | Milwaukee class break | Heart Jewel 8-9am 35 Confession Buddhas 11am-12pm Quad Cities class | WFJ = Wishfulfilling Jewel HYT = Highest Yoga Tantra empowerment required * = livestream available for members | | Pujas in green Weekly classes in black Branches in purple | |
| Melodious Drum 1:30-5pm | | 6:30-7:30pm FP class break | | | | |
| TTP break | | New Year's Eve Celebration & 24-hour Tara Chant 7pm | | | | |