

# July 2024

| SUN   | MON | TUES                                   | WED   | THURS  | FRI   | SAT  |
|---|-----|--|---|--|---|--|
|   | 1   | 2                                      | 3<br>Meditation at Noon<br>12-12:30 pm                                      | 4  | 5<br>Lamrim: Stages of the Path* 11am-12pm<br><br>Powa 6:30-7:30pm                    | 6  |
| 7<br>Meditations for World Peace*<br>10-11:15am<br><br>Coffee, Tea & Community<br>11:15am - 12pm  | 8   | 9                                      | 10<br>Meditation at Noon<br>12-12:30 pm<br><br>OSG with Tsog<br>6:30-8:30pm | 11   | 12<br>Lamrim: Stages of the Path* 11am-12pm   | 13<br>Power of Imagination<br>10am-1pm   |
| 14<br>Meditations for World Peace*<br>10-11:15am<br><br>Coffee, Tea & Community<br>11:15am - 12pm | 15  | 16<br>Quad Cities class<br>6:30-7:30pm | 17<br>Meditation at Noon<br>12-12:30 pm                                     | 18   | 19<br>Lamrim: Stages of the Path* 11am-12pm   | 20<br>Center Cherishing<br>9am-12pm  |
| 21<br>Meditations for World Peace*<br>10-11:15am<br><br>Coffee, Tea & Community<br>11:15am - 12pm | 22  | 23<br>Quad Cities class<br>6:30-7:30pm | 24<br>Meditation at Noon<br>12-12:30 pm                                     | 25<br>OSG with Tsog<br>6:30-8:30pm   | 26<br>International Summer Festival   UK<br><br>Lamrim: Stages of the Path* 11am-12pm | 27   |
| 28  | 29  | 30                                     | 31  | SPECIAL NOTES<br>OSG = Offering to the Spiritual Guide<br>WFJ = Wishfulfilling Jewel<br>HYT = Highest Yoga Tantra empowerment required |   | COLOR KEY:<br>Special classes in blue<br>Pujas in green<br>Weekly classes in black |
| International Summer Festival   UK  |     |  |   |  |   |  |
| Meditations for World Peace*<br>10-11:15am<br><br>Coffee, Tea & Community<br>11:15am - 12pm       |     | Quad Cities class<br>6:30-7:30pm       | Meditation at Noon<br>12-12:30pm  |  |   |  |