



February

Timetable for Chanted Meditations and Events

Ashoka Buddhist Centre, 33 Sutherland Road, Plymouth. PL4 6BN

Tel:01752 224137

www.meditationinplymouth.org



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1 7.15 - 8.30am Wishfulfilling Jewel**</p> <p>12.15 - 12.45pm Lunchtime class</p> <p>6pm Tara puja</p> <p>*7.30 - 8.30pm Dakini Yoga</p>	<p>2 7.15 - 8.30am Wishfulfilling Jewel**</p> <p>12.15 - 12.45pm Lunchtime class</p> <p>6.30 - 7.30pm Students class</p>	<p>3 7.15 - 8.30am Wishfulfilling Jewel**</p> <p>12.15 - 12.45pm Lunchtime class</p> <p>7.30 - 9pm Buddhist meditation class</p>	<p>4 7.15 - 8.15am Dakini Yoga*</p> <p>12.15 - 12.45pm Lunchtime class</p> <p>5.30 - 6.30pm Heart Jewel** 7.30pm - 9.30pm General Programme With Gen Lekma</p>	<p>5 7.15 - 8.30am Wishfulfilling Jewel**</p> <p>12.15 - 12.45pm Lunchtime class</p> <p>3.15 - 4.30pm Sojong Ceremony</p>	<p>6 9am Vajrasattva puja</p> <p>10.15am - 2.45pm Foundation Programme</p> <p>5.30 - 6.15pm Powa Ceremony for all those who died in Haiti and others</p>	<p>7 10.30 - 11.15am Children's Class 11.30 -12.30pm Meditate for World Peace</p> <p>2 - 6pm How to meditate workshop 6.30 - 7.30pm Wishfulfilling Jewel with offerings and party</p>
<p>8 7.15 - 8.30am Wishfulfilling Jewel**</p> <p>12.15 - 12.45pm Lunchtime class</p> <p>6pm Tara puja</p> <p>*7.30 - 8.30pm Dakini Yoga</p>	<p>9 7.15 - 8.30am Wishfulfilling Jewel**</p> <p>12.15 - 12.45pm Lunchtime class</p> <p>6.30 - 7.30pm Students class</p>	<p>10 7.15 - 9am Offering to the Spiritual Guide puja</p> <p>12.15 - 12.45pm Lunchtime class</p> <p>7.30 - 9pm Buddhist meditation class</p>	<p>11 7.15 - 8.15am Dakini Yoga*</p> <p>12.15 - 12.45pm Lunchtime class</p> <p>5.30 - 6.30pm Heart Jewel** 7.30pm - 9.30pm General Programme with Gen Lekma</p>	<p>12 7.15 - 8.30am Wishfulfilling Jewel**</p> <p>12.15 - 12.45pm Lunchtime class</p>	<p>13 Week-end Course at Manjushri KMC with Gen-la Khyenrab</p> <p>Developing the Supreme Good Heart</p>	<p>14 10.30 - 11.15am Children's Class 11.30 -12.30pm Meditate for World Peace</p>
<p>15 6.30 - 7.15am Precepts 7.15 - 8.30am Wishfulfilling Jewel**</p> <p>12.15pm - 1pm Lunchtime class</p> <p>6pm Tara puja</p> <p>*7.30 - 8.30pm Dakini Yoga</p>	<p>16 7.15 - 8.30am Wishfulfilling Jewel**</p> <p>12.15 - 12.45pm Lunchtime class</p> <p>6.30 - 7.30pm Students class</p>	<p>17 7.15 - 8.30am Wishfulfilling Jewel**</p> <p>12.15 - 12.45pm Lunchtime class</p> <p>7.30 - 9pm Buddhist meditation class</p>	<p>18 7.15 - 8.15am Dakini Yoga*</p> <p>12.15 - 12.45pm Lunchtime class</p> <p>5.30 - 6.30pm Heart Jewel** 7.30pm- 9.30pm General Programme With Gen Lekma</p>	<p>19 7.15 - 8.30am Wishfulfilling Jewel**</p> <p>12.15 - 12.45pm Lunchtime class</p> <p>7.30-9.00pm HYT Class with Gen Lekma</p>	<p>20 9am Avalokiteshvara puja</p> <p>10.15am - 2.45pm Foundation Programme</p>	<p>21 10.30 - 11.15am Children's Class 11.30 -12.30pm Meditate for World Peace</p> <p>6.30 - 7.30pm Wishfulfilling Jewel with offerings and party</p>
<p>22 7.15 - 8.30am Wishfulfilling Jewel**</p> <p>12.15 - 12.45pm Lunchtime class</p> <p>6pm Tara puja</p> <p>*7.30 - 8.30pm Dakini Yoga</p>	<p>23 7.15 - 8.30am Wishfulfilling Jewel**</p> <p>12.15 - 12.45pm Lunchtime class</p> <p>6.30 - 7.30pm Students class</p>	<p>24 7.15 - 8.30am Wishfulfilling Jewel**</p> <p>12.15 - 12.45pm Lunchtime class</p> <p>7.30 - 9pm Buddhist meditation class</p>	<p>25 7.15 - 9am Offering to the Spiritual Guide puja</p> <p>12.15 - 12.45pm Lunchtime class</p> <p>5.30 - 6.30pm Heart Jewel** 7.30pm- 9.30pm General Programme With Gen Lekma</p>	<p>26 7.15 - 8.30am Wishfulfilling Jewel**</p> <p>12.15 - 12.45pm Lunchtime class</p>	<p>27 10am - 5pm Day Course with Gen Lekma Beating the blues - Be inspired with life</p>	<p>28 10.30 - 11.15am Children's Class 11.30 -12.30pm Meditate for World Peace</p> <p>6 - 9.30pm Melodious Drum puja</p>

* for those with Highest Yoga Tantra Empowerments only

** with chanted and silent meditation