

# 2018 OCTOBER

CALENDAR YEAR CALENDAR MONTH

## Timetable for Classes, Events and Chanted Meditations

Ashoka Centre, Plymouth  Meditation in Plymouth  
Ashoka Kadampa Buddhist Centre

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01	02 12.15 -12.45 Lunchtime Meditation  19.30 - 20.30 Dakini Yoga	03 19:00-20:15 Art of Meditation class with Anna	04 12.15 -12.45 Lunchtime Meditation  19.30 – 21.00 How to Solve our Human Problems class with Tom	05 International Fall Festival Begins	06 International Fall Festival	07 International Fall Festival
08 International Fall Festival	09 International Fall Festival 12.15 -12.45 Lunchtime Meditation	10 19:00-20:15 Art of Meditation class with Anna IFF	11 12.15 -12.45 Lunchtime Meditation  19.30 – 21.00 How to Solve our Human Problems class with Tom IFF ENDS	12	13 09:30-13:00 FP 14.00 - 15.00 Powa	14 10.00 - 13.00 Half day Meditation Workshop Developing Inner Strength with Jenny
15	16 12.15 -12.45 Lunchtime Meditation 19.30 - 20.30 Dakini Yoga	17 19:00-20:15 Art of Meditation class with Anna	18 12.15 -12.45 Lunchtime Meditation  19.30 – 21.00 How to Solve our Human Problems class with Kadam Ben	19 17.30 - 18.40 Wishfulfilling Jewel with tsog	20 10.00 - 16.00 Day Course Gathering Good Fortune with Kadam Ben	21 Guru Yoga Mandala Retreat Session times: 8.00- 09.30 11.00– 12.30 16.00-17.30 19.00– 20.30
22 GYM Retreat Session times: 8.00- 09.30 11.00– 12.30 16.00-17.30 19.00– 20.30	23	24	25 19.30 - 21.10 JeTsongkhapa's Enlightenment Day OSG Tsog Puja	26 South west Dharma Celebration	27 South west Dharma Celebration	28 South west Dharma Celebration
29 17.00 - 20.50 Melodious Drum	30 12.15 -12.45 Lunchtime Meditation 19.30 - 20.30 Dakini Yoga	31 17.00-17.40 Heart Jewel 19:00-20:15 Bigger Picture Living class with Kadam Ben	01	02	03	04