

2018 SEPTEMBER

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
27	28	29	30	31	01	02
					08:30-09:10 Heart Jewel 09:30-13:00 FP 14.00 Powa Puja	14.00 - 15.10 WFJ with tsog puja 15.30 - 20.30 Teacher Training Programme
03	04	05	06	07	08	09
	12.15 -12.45 Lunchtime Meditation 19.30 - 20.30 Dakini Yoga (HYT ONLY)	17.00-17.40 Heart Jewel 19:00-20:15 Clear Mind works class with Kadam Ben	12.15 -12.45 Lunchtime Meditation 17.00-17.40 Heart Jewel 19.30 – 21.00 How to Solve our Human Problems class with Kadam Ben		08:30-09:10 Heart Jewel 09:30-13:00 FP 13.30 Liberation from Sorrow puja	14.00 - 15.10 WFJ with tsog puja 15.30 - 20.30 Teacher Training Programme
10	11	12	13	14	15	16
19.30 - 21.10 OSG with tsog puja	12.15 -12.45 Lunchtime Meditation 19.30 - 20.30 Dakini Yoga (HYT ONLY)	17.00-17.40 Heart Jewel 19:00-20:15 Clear Mind works class with Kadam Ben	12.15 -12.45 Lunchtime Meditation 17.00-17.40 Heart Jewel 19.30 – 21.00 How to Solve our Human Problems class with Kadam Ben		08:30-09:10 Heart Jewel 09:30-13:00 FP 13.30 Avalokiteshvara Puja	10:00-13:00 Meditation Half Day Workshop "Magic of Mantra" with Anna 14.00 - 15.10 WFJ with tsog puja 15.30 - 20.30 Teacher Training Programme
17	18	19	20	21	22	23
	12.15 -12.45 Lunchtime Meditation 19.30 - 20.30 Dakini Yoga (HYT ONLY)	17.00-17.40 Heart Jewel 19:00-20:15 Clear Mind works class with Kadam Ben	12.15 -12.45 Lunchtime Meditation 17.00-17.40 Heart Jewel 19.30 – 21.00 How to Solve our Human Problems class with Kadam Ben		09:30-13:00 FP 14.00 - 15.40 OSG Buddha's Return from Heaven Day	14.00 - 15.10 WFJ with tsog puja 15.30 - 20.30 Teacher Training Programme
24	25	26	27	28	29	30
	12.15 -12.45 Lunchtime Meditation 19.30 - 21.10 OSG with tsog puja	17.00-17.40 Heart Jewel 19:00-20:15 Clear Mind works class with Kadam Ben	12.15 -12.45 Lunchtime Meditation 17.00-17.40 Heart Jewel 19.30 – 21.00 How to Solve our Human Problems class with Kadam Ben		09:30-13:00 FP 14.00 WFJ with Tsog	