

2019

CALENDAR YEAR

JANUARY

CALENDAR MONTH

Timetable for Classes, Events and Chanted Meditations

Ashoka Centre, Plymouth



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	01	02	03 Publicity Distribution	04 Lamrim Retreat Begins with An Introductory Talk 19.30 -21.00	05 Lamrim - Self Guided Retreat Session Times: 8.00- 09.30 11.00- 12.30 16.00-17.30 19.00- 20.30 WFJ tsog puja	06 Lamrim - Session Times: 8.00- 09.30 11.00- 12.30 16.00-17.30 19.00- 20.30 with Heart Jewel
07 Lamrim - Session Times: 8.00- 09.30 11.00- 12.30 16.00-17.30 19.00- 20.30 with Heart Jewel	08 Lamrim - Session Times: 8.00- 09.30 11.00- 12.30 16.00-17.30 19.00- 20.30 with Heart Jewel	09 Lamrim - Session Times: 8.00- 09.30 11.00- 12.30 16.00-17.30 19.00- 20.30 with Heart Jewel	10 Vajrayogini Day Lamrim - Session Times: 8.00- 09.30 11.00- 12.30 16.00-17.30 19.00- 20.40 OSG TSOG PUJA	11	12 Uncommon Yoga of Inconceivability Guided Retreat 9.00- 10.30 11.30- 13.00 16.00-17.30 19.00- 20.10 WFJ with Tsog	13 Uncommon Yoga of Inconceivability Guided Retreat 9.00- 10.30 11.30- 13.00 16.00-17.30 19.00- 20.00 - WFJ with Meditation
14 Uncommon Yoga of Inconceivability Self Guided Retreat 8.00- 09.30 11.00- 12.30 16.00-17.30 19.00- 20.00 WFJ with Med	15 Uncommon Yoga of Inconceivability Self Guided Retreat 8.00- 09.30 11.00- 12.30 16.00-17.30 19.00- 20.00 WFJ with Med	16 Uncommon Yoga of Inconceivability Self Guided Retreat 8.00- 09.30 11.00- 12.30 16.00-17.30 19.00- 20.00 WFJ with Med	17	18	19 08.30-09.10 Heart Jewel 09:30-13:00 FP 13.30 Avalokiteshvara Puja	20 14.00 - 15.10 WFJ with tsog puja 15.30 - 20.30 Teacher Training Programme
21	22 12.15 -12.45 Lunchtime Meditation	23 19:00-20:15 Path of Meditation class with Kadam Ben	24 19.30 - 21.00 Meaningful to You class with Kadam Ben	25 Heruka Day 19.30- 21.10 OSG TSOG PUJA	26 08.30-09.10 Heart Jewel 09:30-13:00 FP 13.30 Avalokiteshvara Puja	27 14.00 - 15.10 WFJ with tsog puja 15.30 - 20.30 Teacher Training Programme (15.30 Teaching Skills Class)
28	29 12.15 -12.45 Lunchtime Meditation 17.00 - 21.30 Melodious Drum tsog Puja	30 19:00-20:15 Path of Meditation class with Kadam Ben	31 19.30 - 21.00 Meaningful to You class with Kadam Ben	01	02	03