



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>White Tara is a Buddha whose function is to bestow long life, wisdom, and good fortune and oppose our obstacles of a short life, ignorance, and little merit.</i>		<b>Northwest Dharma Celebration begins Feb. 27. Register early!</b>			
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
10:00 am – MWP/ Kids Class 2:00 pm – TTP 4:30 pm – Tara Prayers 6:30 pm – FP	7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim <b>7:00 pm – GP – Daily Meditation = Daily Peace</b>	7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim 7:00 pm - TTP	7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:00 pm – Heart Jewel w/Lamrim 6:30 pm - FP	7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim <b>7:00 pm – Meditation Made Easy</b>	7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim	7:00 am – Heart Jewel w/Lamrim
<b>TARA DAY 8</b>	<b>9</b>	<b>OSG 10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
10:00 am – MWP/ Kids Class 2:00 pm – TTP 4:30 pm – WFJ w/Tsog 6:30 pm – FP	7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim <b>7:00 pm – 2026 KADAMPA FESTIVAL EVENT EVENING</b>	7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim 7:00 pm - OSG	7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:00 pm – Heart Jewel w/Lamrim 6:30 pm - FP	7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim <b>7:00 pm – Meditation Made Easy</b>	7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim	7:00 am – Heart Jewel w/Lamrim <b>8:00 am – OPEN HOUSE and Pancake Breakfast</b>
<b>PRECEPTS DAY 15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
6:30 am – Precepts <b>10:00 am – MWP/ Kids Class</b> 2:00 pm – TTP 4:30 pm – WFJ w/Tsog 6:30 pm – FP	7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim <b>7:00 pm – GP – NEW SERIES: How to Overcome Anger/Negativity w/ Meditation</b>	7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim 7:00 pm - TTP	7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:00 pm – Heart Jewel w/Lamrim 6:30 pm - FP	7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim <b>7:00 pm – Meditation Made Easy</b>	7:00 am - Prostrations 7:30 am – Dakini Yoga* <b>10:00 am – SHRINE CHANGE</b> 5:30 pm – Heart Jewel w/Lamrim	7:00 am – Heart Jewel w/Lamrim 10:00 am – CENTER CHERISHING DAY <b>10:30 am – (Coeur d’Alene) – Library Talk</b> 6:00 pm - Powa
<b>22</b>	<b>23</b>	<b>24</b>	<b>OSG 25</b>	<b>26</b>	<b>27</b>	<b>28</b>
10:00 am – MWP/ Kids Class 2:00 pm – TTP 4:30 pm – WFJ w/Tsog 6:30 pm – FP	7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim <b>7:00 pm – GP – How to Overcome Anger &amp; Negativity w/ Buddhist Meditation</b>	7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim 7:00 pm - TTP	7:00 am – Prostrations 7:30 am – Dakini Yoga* <b>6:30 pm – Community Talk w/Gen Gomlam</b> 7:00 pm - OSG	7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim	<b>NW Dharma Celebration: White Tara Empowerment</b> 11:00 am – Sojong (Ordained Sangha Only) 7:30-9 pm – Intro	9:00 am – Meditation 11 am – Empowerment 1:30 pm – Lunch 3:30 pm – Teaching 5:30 pm – Dinner 7 pm – WFJ w/Tsog

Legend: Chanted Prayers  
 General Program (GP) Classes  
 Meditations for World Peace (MWP) | Special Events and Daycourses  
 Branch/Out-of-Town Events  
 Events in Spanish

For neighborhood and out-of-town branch classes, see MeditateinSeattle.org  
 If interested in joining Foundation Program (FP) or Teacher Training Program (TTP), contact EPC  
 \*Highest Yoga Tantra empowerment required

**NW Dharma Celebration (w/ Gen Gomlam):** See [meditateinseattle.org](http://meditateinseattle.org) for more information.