



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>The Great Mother Prajnaparamita is the embodiment of the higher perfection of wisdom</i>		1 7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:00 pm – Heart Jewel w/Lamrim 6:30 pm - FP	2 7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim 7:00 pm – Meditation Made Easy	3 7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim	4 7:00 am – Heart Jewel w/Lamrim
5	6	7	TARA DAY 8	9	OSG 10	11
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 7:00 pm – GP – Finding Freedom through Patience	7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim 7:00 pm – Intro Talk: Nyungnae Compassion Fasting Retreat	7:00 am - Prostrations 7:30 am – Tara Prayers 5:00 pm – Heart Jewel w/Lamrim 6:30 pm - FP	7:00 am - Prostrations 7:30 am – Dakini Yoga* 10:00 am – Shrine Change 5:30 pm – HJ w/Lamrim 7:00 pm – Meditation Made Easy	Meditation Retreat (Ocean Park, WA) – Discovering a World of Kindness See meditationinoregon.org for more info 7:00 pm - OSG	
12	13	14	PRECEPTS DAY 15	16	17	18
Ocean Park Meditation Retreat (cont'd) 10:00 am – MWP/ Kids Class	7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim 7:00 pm – GP – Finding Freedom through Patience	Nyungnae Compassion Fasting Retreat 6:30 Precepts (required) 7:30 pm Retreat Session 10:30pm Retreat Session 2 pm Retreat Session	6:30 Precepts (required) 7:30 pm Retreat Session 10:30pm Retreat Session 2 pm Retreat Session 6:30 pm – OSG – Buddha's Enlightenment Day	7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim 7:00 pm – Meditation Made Easy	7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim	7:00 am – Heart Jewel w/Lamrim 6:00 pm - Powa
19	20	21	22	23	24	OSG 25
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 7:00 pm – GP - Finding Freedom through Patience	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 pm – Meditation Made Easy	US National Festival (Glen Spey, NY) – Prajnaparamita Emp.	11:00 am - OSG
26	27	28	PROTECTOR DAY 29	30	MAY 1	2
10:00 am – MWP/ Kids Class	7:00 pm – GP – Medicine Buddha Prayers			7:00 pm – Meditation Made Easy	5:30 pm – Heart Jewel w/Lamrim	8:30 am – Long Protector Prayers

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

US National Festival: See uskadampafestival.org for more information.