



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
NW Dharma Celebration (cont'd)	7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim 7:00 pm – GP – Overcoming Anger & Negativity	7:00 am – Prostrations 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 7:00 pm – Meditation Made Easy	7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim	8:30 – Long Protector Prayers
TARA DAY 8	9	OSG 10	11	12	13	14
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 7:00 pm – GP – Overcoming Anger & Negativity	7:00 am - Prostrations 4:00 pm – OSG 7:00 pm – Intro: Refuge Retreat	Refuge Retreat All sessions self-guided 8:30 am – Session 1 11:00 am – Session 2 4:30 pm – Session 3 6:30 pm - FP	8:30 am – Session 1 11:00 am – Session 2 4:30 pm – Session 3 7:00 pm – Meditation Made Easy	8:30 am – Session 1 11:00 am – Session 2 4:30 pm – Session 3	8:30 am – Session 1 11:00 am – Session 2 2:00 pm – Session 3 4:30 pm – Session 4
15	PRECEPTS DAY 16	17	18	19	20	21
Refuge Retreat (cont'd) 10:00 am – MWP/ Kids Class 2:00 pm – Session 1 4:30 pm – WFJ w/Tsog 6:30 pm - FP	6:30 am - Precepts 7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim 7:00 pm – GP – Overcoming Anger & Negativity	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 7:00 pm – Meditation Made Easy	7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim	10:00 am – Skagit Valley Day Away Retreat (Fidalgo Bay Resort, Anacortes, WA)
22	23	24	OSG 25	26	27	28
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 – MOVIE NIGHT: Life of Buddha	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 - OSG	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* 10:00 am - Shrine Change 5:30 pm – Heart Jewel w/Lamrim	8:30 am – Long Protector Prayers 6:00 pm - Powa
PROTECTOR DAY 29	30	31	 <div data-bbox="1215 1284 1959 1422" style="border: 1px solid black; padding: 10px; text-align: center;"> <h2 style="margin: 0;">Ocean Meditation Retreat 2026</h2> <h3 style="margin: 0;">April 10-12 (Fri-Sun) Ocean Park, WA</h3> </div>			
10:00 am – MWP/ Kids Class 2:00 pm - TTP 6:30 pm - FP	7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim 7:00 pm – NEW SERIES: Finding Freedom Through Patience	7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim 7:00 pm - TTP				

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

Refuge Retreat: See meditateinseattle.org for more information.