



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>	<b>2</b>
	<i>Arya Tara is a manifestation of the ultimate wisdom of all enlightened beings. If we rely on Tara she will care for us throughout this life and all our future lives.</i>	<b>Fearless Wisdom – Tara Empowerment Sat May 9, 2026 Tushita Center, Olympia, WA</b>			5:30 pm – Heart Jewel w/Lamrim	8:30 am – Long Protector Prayers
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>TARA DAY 8</b>	<b>9</b>
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 – GP – New Series: Solving Anger with Buddhist Wisdom	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 – Tara Prayers  5:30 pm – HJ w/Lamrim	10:00 am – Green Tara Empowerment (Olympia, WA)  For more information: meditateinolympia.org
<b>OSG 10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>PRECEPTS DAY 15</b>	<b>16</b>
10:00 am – MWP/ Kids Class 2:00 pm - OSG 6:30 pm - FP	7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim  7:00 pm – GP – Solving Anger with Buddhist Wisdom	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	6:30 am - Precepts 7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim	7:00 am – Heart Jewel w/Lamrim
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</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  7:00 pm – GP – Solving Anger with Buddhist Wisdom	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	<b>International Spring Festival (Ulverston, UK)</b> 7:00 am - Prostrations 7:30 am – Dakini Yoga* 10:00 am Shrine Change 5:30 pm – Heart Jewel w/Lamrim	7:00 am – Heart Jewel w/Lamrim  6:00 pm - Powa
<b>24/31</b>	<b>OSG 25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>PROTECTOR DAY 29</b>	<b>30</b>
10:00 am – MWP/ Kids Class 2:00 pm – TTP (5/31 only) 4:30 pm – WFJ w/Tsog 6:30 pm – FP (5/31 only)	7:00 am – Prostrations 10:00 am - OSG 5:30 pm – HJ w/Lamrim  7:00 pm – GP – Solving Anger with Buddhist Wisdom	7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim	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 8:30 am – Long Protector Prayers	7:00 am – Heart Jewel w/Lamrim

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](http://MeditateinSeattle.org)  
 If interested in joining Foundation Program (FP) or Teacher Training Program (TTP), contact EPC  
 \*Highest Yoga Tantra empowerment required  
**Int'l Spring Festival:** See [kadampafestivals.org](http://kadampafestivals.org) for more information.