





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim 7:00 pm – Special Class: A Buddhist Master for our Time	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	Offering our Faith Retreat Sessions at 10:30 am, 2 pm, 4 pm 6:30 pm – Special OSG: Ven. Geshe-la's Birthday	7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim	7:00 am – Heart Jewel w/Lamrim
7	TARA DAY 8	9	OSG 10	11	12	13
10:00 am – MWP 2:00 pm – TTP 4:30 pm – WFJ w/Tsog 6:30 pm – FP	7:00 am – Prostrations 7:30 am – Tara Prayers 5:30 pm – HJ w/Lamrim 7:00 pm – GP – De-escalating Harm in our Life and World	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* 5:30 pm – Heart Jewel w/Lamrim	7:00 am – Heart Jewel w/Lamrim 10:00 am – 3 pm Garden work party - mulching
14	PRECEPTS DAY 15	16	17	18	19	20
10:00 am – MWP/ Kids Class 2:00 pm – TTP 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 – De-escalating Harm in our Life and World	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* 10:00 am - Shrine Change 5:30 pm – Heart Jewel w/Lamrim	10:00 am – Skagit Valley Day Away Retreat (Anacortes, WA) See website for details
21	22	23	24	OSG 25	26	27
10:00 am – MWP 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 – De-escalating Harm in our Life and World	7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim 7:00 pm – Intro: Guru Yoga & Mandala Offering Retreat	Guru Yoga & Mandala Offering Retreat Sessions (self-guided); 8:30 am, 11 am, 4:30 pm 6:30 pm - FP	Sessions (self-guided) 8:30 am, 11 am 4:00 am – OSG 7:00 pm – Meditation Made Easy	Sessions (self-guided): 8:30 am, 11 am, 4:30 pm	Sessions (self-guided) 8:30 am, 11 am 6:00 pm - Powa
28	PROTECTOR DAY 29	30				
10:00 am – MWP/ Kids Class 2:00 pm – Long Protector Prayers 6:30 pm - FP	7:00 am – Prostrations 5:30 pm – HJ w/Lamrim 7:00 pm – GP – De-escalating Harm in our Life and World	7:00 am – Prostrations 5:30 pm – Heart Jewel w/Lamrim				

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