






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1	2	3	4	
			7:00 am - Prostrations 7:30 am - Dakini Yoga* 5:00 pm - Heart Jewel w/Lamrim  6:30 pm - FP	<b>Temple Closed July 2-5 Happy Fourth of July Holiday!</b>			
5	6	7	<b>TARA DAY</b> 8	9	OSG 10	11	
4:30 pm - WFJ w/Tsog	7:00 am - Prostrations 5:30 pm - HJ w/Lamrim  <b>7:00 pm - GP - De-escalating Harm in our Life and World</b>	7:00 am - Prostrations  5:30 pm - Heart Jewel w/Lamrim	7:00 am - Prostrations 7:30 am - Tara Prayers 5:30 pm - Heart Jewel w/Lamrim	7:00 am - Prostrations  5:30 pm - HJ w/Lamrim  <b>7:00 pm - Meditation Made Easy</b>	7:00 am - Prostrations 10:00 am - OSG 5:30 pm - Heart Jewel w/Lamrim	7:00 am - Heart Jewel w/Lamrim	
12	13	14	<b>PRECEPTS DAY</b> 15	16	17	18	
<b>10:00 am - MWP/ Kids Class</b>  4:30 pm - WFJ w/Tsog	7:00 am - Prostrations  5:30 pm - HJ w/Lamrim <b>7:00 pm - GP - De-escalating Harm in our Life and World</b>	7:00 am - Prostrations  5:30 pm - Heart Jewel w/Lamrim	6:30 am - Precepts 7:00 am - Prostrations  5:30 pm - HJ w/Lamrim	7:00 am - Prostrations  5:30 pm - Heart Jewel w/Lamrim  <b>7:00 pm - Meditation Made Easy</b>	7:00 am - Prostrations 10:00 am - Shrine Change 5:30 pm - Heart Jewel w/Lamrim	7:00 am - Heart Jewel w/Lamrim  <b>9:00 am-12 pm - Buddhist Meditation Workshop (BELLEVUE)</b>	
19	20	21	22	23	24	OSG 25	
<b>10:00 am - MWP/Kids Class</b>  4:30 pm - WFJ w/Tsog  5:00 pm-8 pm - FP EXAM	7:00 am - Prostrations  5:30 pm - HJ w/Lamrim <b>7:00 pm - GP NEW SERIES: Clear Mind Meditation with Sam Forbes</b>	7:00 am - Prostrations  5:30 pm - Heart Jewel w/Lamrim	5:30 pm - Heart Jewel w/Lamrim	<b>7:00 pm - Meditation Made Easy</b>	<b>International Summer Festival</b>		
					<b>Int'l Summer Festival begins (Manjushri KMC, Ulverston, UK)</b>	10:00 am - OSG 6:00 pm - Powa	
26	27	28	<b>PROTECTOR DAY</b> 29	30	31	Aug 1	
<b>International Summer Festival (Manjushri KMC, Ulverston, UK) - July 24 through August 8</b>							
<b>10:00 am - MWP/ Kids Class</b>	<b>7:00 pm - GP - Clear Mind Meditation with Sam Forbes</b>		5:30 pm - WFJ w/Tsog	<b>7:00 pm - Meditation Made Easy</b>			

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  
**Int'l Summer Festival (Ulverston, UK)** - see [kadampafestivals.org/summer](http://kadampafestivals.org/summer)