



Kadampa
Meditation Center
Washington

August 2026

Everyone Welcome!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
International Summer Festival (Manjushri KMC, Ulverston, UK) – July 24 through August 8						
		Lamrim Retreat - Meditation in the Heart Labor Day Week - September 2-7 – Register Now!				
2	3	4	5	6	7	TARA DAY 8
International Summer Festival (Manjushri KMC, Ulverston, UK) – July 24 through August 8						
10:00 am – MWP (Note: no Kids Class today) 6:30 pm – WFJ w/Tsog	7:00 pm – GP – Clear Mind Meditation with Sam Forbes			7:00 pm – Meditation Made Easy		
9	OSG 10	11	12	13	14	PRECEPTS DAY 15
10:00 am – MWP/ Kids Class 6:30 pm – WFJ w/Tsog	7:00 am – Prostrations 4:30 pm – OSG 7:00 pm – GP – Clear Mind Meditation with Sam Forbes	7:00 am - Prostrations	7:00 am - Prostrations	7:00 am - Prostrations 7:00 pm – Meditation Made Easy	7:00 am - Prostrations	6:30 am – Precepts
16	17	18	19	20	21	22
10:00 am – MWP/ Kids Class 6:30 pm – WFJ w/Tsog	7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim 7:00 pm – GP – Clear Mind Meditation with Sam Forbes	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* 5:30 pm – Heart Jewel w/Lamrim	7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel 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	7:00 am – Heart Jewel w/Lamrim 8:00 am – OPEN HOUSE and Pancake Breakfast 6:00 pm – Powa
23/30	24/31	OSG 25	26	27	28	PROTECTOR DAY 29
10:00 am – MWP/Kids Class 2:00 pm – Long Protector Prayers (Aug 23 only) 6:30 pm – WFJ w/Tsog (Aug 30 only)	7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim 7:00 pm – GP – NEW SERIES (starts 8/24): Depth in a Distracted World	7:00 am – Prostrations 10:0 am – OSG 5:30 pm – Heart Jewel w/Lamrim	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* 5:30 pm – Heart Jewel 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

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