



Kadampa
Meditation Center
Washington

September 2026

Everyone Welcome!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
New Foundation Program Class Begins Book - New Eight Steps to Happiness Free Intro Talk - Sun, Sept 13 4 pm-6 pm			7:00 am - Prostrations 7:30 am – Dakini Yoga* 7:00 pm – Lamrim Intro Talk	Lamrim Retreat: Meditation in the Heart Session times 9 am, 11 am, 5 pm, 7 pm	Session times 9 am, 11 am, 5 pm, 7 pm	Session times 9 am, 11 am, 5 pm, 7 pm
6	7	TARA DAY 8	9	OSG 10	11	12
Session times 9 am, 11 am, 5 pm, 7 pm	Session times 9 am, 11:00 am – WFJ w/Tsog 7:00 pm – GP – Depth in a Distracted World	7:00 am - Prostrations 7:30 am – Tara Prayers 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 10:00 am – OSG 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
13	14	PRECEPTS DAY 15	16	17	18	19
10:00 am – MWP/ Kids Class 4:00 pm – FP INTRO CLASS – NEW BOOK BEGINS 4:00 pm – TTP BEGINS 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 – NEW SERIES: Transform Your Life with Buddhist Meditation	6:30 am – Precepts 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* 5:30 pm – Heart Jewel w/Lamrim 7:00 pm – Heart Jewel Class	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 10:00 am – Highest Yoga Tantra Practice Class* 5:30 pm – Heart Jewel w/Lamrim	7:00 am – Heart Jewel w/Lamrim
20	21	22	23	24	OSG 25	26
10:00 am – MWP/ Kids Class 4:00 pm – FP 4:00 pm – TTP 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 – Transform Your Life with Buddhist Meditation	Buddha's Return from Heaven Day 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* 5:30 pm – Heart Jewel w/Lamrim 7:00 pm – Heart Jewel Class	7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim 7:00 pm – Meditation Made Easy: NEW 11 WEEK SERIES BEGINS	7:00 am - Prostrations 10:00 am – OSG 5:30 pm – HJ w/Lamrim 5:30 pm – Library Talk (Coeur d'Alene, Idaho)	7:00 am – HJ w/Lamrim 10 am – Shrine Change 10:00 am – Transforming Pain into Peace Daycourse (Coeur d'Alene, Idaho) 6:00 pm - Powa
27	28	PROTECTOR DAY 29	30	Oct 1	Oct 2	Oct 3
10:00 am – MWP/ Kids Class 4:00 pm – FP 4:00 pm – TTP	7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim 7:00 pm – GP – Transform Your Life with Buddhist Meditation	7:00 am – Prostrations 8:30 am – Long Protector Prayers 7:00 pm - TTP	7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim 7:00 pm – Heart Jewel Class	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	10:00 am – Skagit Valley Day Away Clear Mind Meditation Retreat (Anacortes, WA)

Legend: Chanted Prayers

General Program (GP) Classes
Prayers for World Peace (PWP) &
Meditations for World Peace (MWP)

Special Events and Daycourses

Branch/Out-of-Town Events
Highest Yoga Tantra Class*

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

Lamrim Retreat – see MeditationinSeattle.org