



Kadampa
Meditation Center
Washington

October 2026

Everyone Welcome!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
	Je Tsongkhapa was a 14th century Buddhist Master whose appearance in Tibet was predicted by Buddha himself.		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 Retreat (La Conner, WA) – Clear Mind Meditation (VENUE CHANGE – Check website)
4	5	6	7	TARA DAY 8	9	OSG 10
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 – How to Transform Your Life with Meditation	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 – Tara Prayers 5:30 pm – HJ w/Lamrim 7:00 pm – Meditation Made Easy	Int'l Fall Festival (Malaga, Spain) 7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim	11:00 am – OSG 2:00 pm – Fall Festival Watch Party (Pre-Registration Required)
11	12	13	14	PRECEPTS DAY 15	16	17
10:00 am – MWP/ Kids Class 4:00 pm – FP	7:00 pm – GP – How to Transform Your Life with Meditation	You can attend the International Fall Festival in person or online. If you are attending online, join us for the Festival Watch Party on October 10th			7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim	7:00 am – Heart Jewel w/Lamrim
18	19	20	21	22	23	24
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 – How to Transform Your Life with Meditation	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 7:30 am – Dakini Yoga* 10 am – Shrine Change 5:30 pm – HJ w/Lamrim	10:00 am – Heart Jewel Day Retreat with Kadam Trina
OSG 25	26	27	28	PROTECTOR DAY 29	30	31
Je Tsongkhapa Day 10:00 am – Special Sunday Morning 4:00 pm – Special Talk w/Kadam Trina – Joint FP and TTP 4:30 pm – OSG	7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim 7:00 pm – GP – How to Transform Your Life with Meditation	7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim 7:00 pm – TTP	7:00 am - Prostrations 8:30 am – Long Protector Prayers 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	10:00 am – Silent Saturdays Retreat – Just Breathe 6:00 pm - Powa

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

Refuge Retreat – see MeditationinSeattle.org