Kadampa Meditation Center Washington

November 2026

Everyone Welcome!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **10:00 am – MB Class/ Family** (see website) 4:00 pm – FP **4:00 pm – TTP andRefuge Retreat Intro** 6:30 pm – WFJ w/Tsog	**2** **TTP Refuge Retreat** (see website for schedule) 5:30 pm – HJ w/Lamrim **7:00 pm – GP - HTYL**	**3** 5:30 pm – HJ w/Lamrim 7:00 pm – TTP Retreat Session	**4** 5:30 pm – HJ w/Lamrim **7:00 pm – Heart Jewel Class**	**Int'l Temples Day 5** 7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim **7:00 pm – Meditation Made Easy Class**	**6** 7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim	**7** 7:00 am – Heart Jewel w/Lamrim
TARA DAY 8 **10:00 am – MB Class/ Family** (see website) 4:00 pm – FP 4:00 pm – TTP 6:30 pm – WFJ w/Tsog	**9** 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**	**OSG 10** 7:00 am - Prostrations 7:30 am – Dakini Yoga* 7:00 pm – OSG and TTP	**11** 7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim **7:00 pm – Heart Jewel Class**	**12** 7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim **7:00 pm – Meditation Made Easy Class**	**13** 7:00 am - Prostrations **10:00 am – Highest Yoga Tantra Practice Class*** 1:00 pm – Shrine Change 5:30 pm – HJ w/Lamrim	**14** 7:00 am – Heart Jewel w/Lamrim **10:00 am – CENTER CHERISHING**
PRECEPTS DAY 15 6:30 am – Precepts **10:00 am – MB Class/ Family** (see website) 4:00 pm – FP 4:00 pm - TTP 6:30 pm – WFJ w/Tsog	**16** 7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim **7:00 pm – Special Talk: What is an Empowerment?**	**17** 7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim 7:00 pm – TTP – Center Cherishing for Empowerment	**18** 7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim	**19** 7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim **7:00 pm – Meditation Made Easy Class**	**20** 7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim	**21** **10:00 am – Medicine Buddha Empower-ment: Healing at the Deepest Level**
22 **10:00 am – MB Class/ Family** (see website) 6:30 pm – WFJ w/Tsog	**23** 7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – HJ w/Lamrim **7:00 pm – GP – Understanding Karma**	**24** 7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim 7:00 pm - TTP	**OSG 25** 7:00 am – Prostrations 10:00 am - OSG 5:30 pm – Heart Jewel w/Lamrim	**THANKSGIVING 26** 11:00 am – Medicine Buddha Prayers **12 pm – Community Potluck**	**27** 7:00 am – Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim	**28** 8:30 am – Long Protector Prayers 6:00 pm - Powa
PROTECTOR DAY 29 **10:00 am – MB Class/ Family** (see website) 4:00 pm – FP **4:00 pm – TTP Vajrasattva Retreat Intro**	**30** **Vajrasattva Retreat: Purifying Negative Karma** (see website for schedule) 5:30 pm – HJ w/Lamrim **7:00 pm – GP – Understanding Karma**	**DEC 1** 5:30 pm – HJ w/Lamrim 7:00 pm – TTP Retreat Session	**2** 5:30 pm – HJ w/Lamrim **7:00 pm – Heart Jewel Class**	**3** 7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim **7:00 pm – Meditation Made Easy Class**	**4** 7:00 am - Prostrations 7:30 am – Dakini Yoga* 5:30 pm – Heart Jewel w/Lamrim	**5** **10:00 am – Silent Saturdays Retreat – Freedom from Distraction**

Legend: Chanted Prayers
General Program (GP) Classes & Modern Buddhism: The Path of Compassion & Wisdom (MB)
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
Medicine Buddha Empowerment See MeditateInSeattle.org