

# January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
					<p>Amitayas Retreat</p> <p><b>12:00 PM - 01:00 PM</b> session one</p> <p><b>01:30 PM - 02:30 PM</b> session 2</p> <p><b>03:00 PM - 04:00 PM</b> session 3</p>	<p>Prayers for meditation weekend retreat</p> <p><b>10:00 AM - 11:30 AM</b> Session one: going for refuge-Generating the four immeasurables</p> <p><b>01:30 PM - 03:00 PM</b> session 2: Visualizing the field-Prayer of the 7 limbs</p> <p><b>04:00 PM - 05:30 PM</b> Session 3: Offering the Mandala</p>
3	4	5	6	7	8	9
<p>Prayers for meditation weekend retreat</p> <p><b>10:30 AM - 12:00 PM</b> Sunday Morning Drop-in meditation Class via live streaming or in person</p> <p><b>02:00 PM - 03:30 PM</b> session 4: first 6 verses of prayer of the stages of the path</p> <p><b>04:30 PM - 06:00 PM</b> session 5: last eight verses of prayer of the stages of the path</p> <p><b>07:00 PM - 08:30 PM</b> session 6: Receiving blessings and purifying and dedication prayers</p>	<p><b>10:30 AM - 12:00 PM</b> Monday Morning Drop-in class-via Live Streaming</p> <p><b>06:00 PM - 07:30 PM</b> Drop-in Meditation Class Via Live Streaming</p> <p><b>06:00 PM - 07:00 PM</b> Heart Jewel via live streaming or in person</p>	<p><b>09:00 AM - 10:00 AM</b> Heart Jewel via live streaming</p> <p><b>12:00 PM - 01:00 PM</b> Tuesday Lunch Time Meditation Class- via live streamed</p> <p><b>06:00 PM - 07:30 PM</b> Drop-in class with Kelsang Milob</p> <p><b>07:00 PM - 08:30 PM</b> Drop-in class with Kadam Heather</p>	<p><b>06:00 PM - 07:30 PM</b> Drop-in Meditation Class-Via Live Streaming</p> <p><b>06:00 PM - 07:00 PM</b> Heart Jewel via live streaming or in person</p>	<p><b>09:30 AM - 11:30 AM</b> Thursday Morning Foundation Program via live streaming or in person</p> <p><b>12:00 PM - 01:00 PM</b> Heart Jewel via live streaming or in person</p>	<p><b>06:00 PM - 07:00 PM</b> Tara prayers online or in person</p>	<p><b>03:00 PM - 05:00 PM</b> Saturday Foundation Program via live streaming or in person</p> <p><b>05:30 PM - 06:30 PM</b> Heart Jewel live streaming or in person</p>
10	11	12	13	14	15	16

<p style="text-align: center;">10</p> <p><b>10:30 AM - 12:00 PM</b> Sunday Morning Drop-in meditation Class via live streaming or in person</p> <p><b>04:30 PM - 06:30 PM</b> OSG</p>	<p style="text-align: center;">11</p> <p><b>10:30 AM - 12:00 PM</b> Monday Morning Drop-in class-via Live Streaming</p> <p><b>06:00 PM - 07:30 PM</b> Drop-in Meditation Class Via Live Streaming</p> <p><b>06:00 PM - 07:00 PM</b> Heart Jewel via live streaming or in person</p>	<p style="text-align: center;">12</p> <p><b>09:00 AM - 10:00 AM</b> Heart Jewel via live streaming</p> <p><b>12:00 PM - 01:00 PM</b> Tuesday Lunch Time Meditation Class- via live streamed</p> <p><b>06:00 PM - 07:30 PM</b> Drop-in class with Kelsang Milob</p> <p><b>07:00 PM - 08:30 PM</b> Drop-in class with Kadam Heather</p>	<p style="text-align: center;">13</p> <p><b>06:00 PM - 07:30 PM</b> Drop-in Meditation Class-Via Live Streaming</p> <p><b>06:00 PM - 07:00 PM</b> Heart Jewel via live streaming or in person</p>	<p style="text-align: center;">14</p> <p><b>09:30 AM - 11:30 AM</b> Thursday Morning Foundation Program via live streaming or in person</p> <p><b>12:00 PM - 01:00 PM</b> Heart Jewel via live streaming or in person</p>	<p style="text-align: center;">15</p> <p><b>06:00 PM - 07:00 PM</b> Powa: live streaming or in person</p>	<p style="text-align: center;">16</p> <p><b>03:00 PM - 05:00 PM</b> Saturday Foundation Program Class</p> <p><b>05:30 PM - 06:30 PM</b> Heart Jewel</p>
<p style="text-align: center;">17</p> <p><b>10:30 AM - 12:00 PM</b> Sunday Morning Drop-in meditation Class via live streaming or in person</p> <p><b>04:30 PM - 07:00 PM</b> TTP via live streaming or in person</p>	<p style="text-align: center;">18</p> <p><b>10:30 AM - 12:00 PM</b> Monday Morning Drop-in class-via Live Streaming</p> <p><b>06:00 PM - 07:30 PM</b> Drop-in Meditation Class Via Live Streaming</p> <p><b>06:00 PM - 07:00 PM</b> Heart Jewel via live streaming or in person</p>	<p style="text-align: center;">19</p> <p><b>09:00 AM - 10:00 AM</b> Heart Jewel via live streaming</p> <p><b>12:00 PM - 01:00 PM</b> Tuesday Lunch Time Meditation Class- via live streamed</p> <p><b>06:00 PM - 07:30 PM</b> Drop-in class with Kelsang Milob</p> <p><b>07:00 PM - 08:30 PM</b> Drop-in class with Kadam Heather</p>	<p style="text-align: center;">20</p> <p><b>06:00 PM - 07:30 PM</b> Drop-in Meditation Class-Via Live Streaming</p> <p><b>06:00 PM - 07:00 PM</b> Heart Jewel via live streaming or in person</p>	<p style="text-align: center;">21</p> <p><b>09:30 AM - 11:30 AM</b> Thursday Morning Foundation Program via live streaming or in person</p> <p><b>12:00 PM - 01:00 PM</b> Heart Jewel via live streaming or in person</p>	<p style="text-align: center;">22</p> <p><b>06:00 PM - 07:30 PM</b> Introduction to Emptiness Retreat</p>	<p style="text-align: center;">23</p> <p>Emptiness Weekend Retreat</p> <p><b>10:00 AM - 11:30 AM</b> session one-what is emptiness</p> <p><b>12:00 PM - 01:30 PM</b> session two: Emptiness of the body</p> <p><b>02:30 PM - 04:00 PM</b> session three: Emptiness of the self</p> <p><b>04:30 PM - 06:00 PM</b> session 4: emptiness of the mind</p>
<p style="text-align: center;">24</p> <p>Emptiness weekend retreat</p> <p><b>10:00 AM - 11:30 AM</b> session five: emptiness of all phenomena</p>	<p style="text-align: center;">25</p> <p><b>10:30 AM - 12:00 PM</b> Monday Morning Drop-in class-via Live Streaming</p> <p><b>06:00 PM - 07:30 PM</b> Drop-in Meditation Class Via Live Streaming</p>	<p style="text-align: center;">26</p> <p><b>09:00 AM - 10:00 AM</b> Heart Jewel via live streaming</p> <p><b>12:00 PM - 01:00 PM</b> Tuesday Lunch Time Meditation Class- via live streamed</p>	<p style="text-align: center;">27</p> <p><b>06:00 PM - 07:30 PM</b> Drop-in Meditation Class-Via Live Streaming</p> <p><b>06:00 PM - 07:00 PM</b> Heart Jewel via live streaming or in person</p>	<p style="text-align: center;">28</p> <p><b>09:30 AM - 11:30 AM</b> Thursday Morning Foundation Program via live streaming or in person</p> <p><b>12:00 PM - 01:00 PM</b> Heart Jewel via live streaming or in person</p>	<p style="text-align: center;">29</p> <p><b>06:30 PM - 07:30 PM</b> Wishfulfilling Jewel with tsog offering via live streaming or in person</p>	<p style="text-align: center;">30</p> <p><b>03:00 PM - 05:00 PM</b> Saturday Foundation Program via live streaming or in person</p> <p><b>05:30 PM - 06:30 PM</b> Heart Jewel live streaming or in person</p>

<p style="text-align: right;">24</p> <p><b>10:30 AM - 12:00 PM</b> Sunday Morning Drop-in meditation Class via live streaming or in person <b>12:00 PM - 01:30 PM</b> session seven: union of the two truths</p>	<p style="text-align: right;">25</p> <p><b>06:30 PM - 08:30 PM</b> OSG</p>	<p style="text-align: right;">26</p> <p><b>06:00 PM - 07:30 PM</b> Drop-in class with Kelsang Milob</p>	<p style="text-align: right;">27</p>	<p style="text-align: right;">28</p>	<p style="text-align: right;">29</p>	<p style="text-align: right;">30</p>
<p style="text-align: right;">31</p> <p><b>10:30 AM - 12:00 PM</b> Sunday Morning Drop-in meditation Class via live streaming or in person <b>04:30 PM - 07:00 PM</b> TTP via live streaming or in person</p>						