

# May 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1  <b>03:00 PM - 05:00 PM</b> Saturday Foundation Program via live streaming or in person <b>05:30 PM - 06:30 PM</b> Heart Jewel live streaming or in person
2  <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	3  <b>10:30 AM - 12:00 PM</b> Monday Morning Drop-in class-via Live Streaming  <b>06:00 PM - 07:30 PM</b> Drop- in Meditation Class Via Live Streaming  <b>06:00 PM - 07:00 PM</b> Heart Jewel via live streaming or in person	4  <b>09:00 AM - 10:00 AM</b> Heart Jewel via live streaming  <b>12:00 PM - 01:00 PM</b> Tuesday Lunch Time Meditation Class- via live streamed  <b>06:00 PM - 07:30 PM</b> Drop- in class with Kelsang Milob <b>07:00 PM - 08:30 PM</b> Drop- in class with Kadam Heather via zoom or in person	5  <b>08:00 AM - 09:00 AM</b> Heart Jewel via live streaming	6  <b>09:30 AM - 11:30 AM</b> Thursday Morning Foundation Program via live streaming or in person <b>12:00 PM - 01:00 PM</b> Heart Jewel via live streaming or in person	7  24 hour Tara Chanting  <b>05:30 PM - 06:30 PM</b> session 1  <b>09:30 PM - 10:30 PM</b> session 2	8  24 Hour Tara Chanting  <b>01:30 AM - 02:30 AM</b> session 3  <b>05:30 AM - 06:30 AM</b> session 4 <b>09:30 AM - 10:30 AM</b> session 5 <b>01:30 PM - 02:30 PM</b> session 6 <b>03:00 PM - 05:00 PM</b> Saturday Foundation Program via live streaming or in person
9  <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	10  <b>10:30 AM - 12:00 PM</b> Monday Morning Drop-in class-via Live Streaming  <b>06:00 PM - 08:00 PM</b> OSG via live streaming or in person  <b>06:00 PM - 07:30 PM</b> Drop- in Meditation Class Via Live	11  <b>09:00 AM - 10:00 AM</b> Heart Jewel via live streaming  <b>12:00 PM - 01:00 PM</b> Tuesday Lunch Time Meditation Class- via live streamed  <b>06:00 PM - 07:30 PM</b> Drop- in class with Kelsang Milob	12  Empowerment Prep  <b>08:00 AM - 09:00 AM</b> Heart Jewel via live streaming	13  Empowerment Prep	14  <b>06:30 PM - 08:00 PM</b> Introduction to Tantra	15  <b>10:00 AM - 05:00 PM</b> WHITE TARA EMPOWERMENT

9	Streaming	11	12	13	14	15
		<b>07:00 PM - 08:30 PM</b> Drop-in class with Kadam Heather via zoom or in person				
16	17	18	19	20	21	22
<b>10:30 AM - 12:00 PM</b> Sunday Morning Drop-in meditation Class via live streaming or in person	<b>10:30 AM - 12:00 PM</b> Monday Morning Drop-in class-via Live Streaming  <b>06:00 PM - 07:30 PM</b> Drop-in Meditation Class Via Live Streaming  <b>06:00 PM - 07:00 PM</b> Heart Jewel via live streaming or in person	<b>09:00 AM - 10:00 AM</b> Heart Jewel via live streaming  <b>12:00 PM - 01:00 PM</b> Tuesday Lunch Time Meditation Class- via live streamed  <b>06:00 PM - 07:30 PM</b> Drop-in class with Kelsang Milob <b>07:00 PM - 08:30 PM</b> Drop-in class with Kadam Heather via zoom or in person	<b>08:00 AM - 09:00 AM</b> Heart Jewel via live streaming	<b>09:30 AM - 11:30 AM</b> Thursday Morning Foundation Program via live streaming or in person  <b>12:00 PM - 01:00 PM</b> Heart Jewel via live streaming or in person	<b>06:00 PM - 07:00 PM</b> Heart Jewel via live streaming or in person	<b>03:00 PM - 05:00 PM</b> Saturday Foundation Program via live streaming or in person  <b>05:30 PM - 06:30 PM</b> Heart Jewel live streaming or in person
23	24	25	26	27	28	29
<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	<b>10:30 AM - 12:00 PM</b> Monday Morning Drop-in class-via Live Streaming  <b>06:00 PM - 07:30 PM</b> Drop-in Meditation Class Via Live Streaming  <b>06:00 PM - 07:00 PM</b> Heart Jewel via live streaming or in person	<b>10:00 AM - 12:00 PM</b> OSG  <b>12:00 PM - 01:00 PM</b> Tuesday Lunch Time Meditation Class- via live streamed  <b>06:00 PM - 07:30 PM</b> Drop-in class with Kelsang Milob	<b>08:00 AM - 09:00 AM</b> Heart Jewel via live streaming	<b>09:30 AM - 11:30 AM</b> Thursday Morning Foundation Program via live streaming or in person  <b>12:00 PM - 01:00 PM</b> Heart Jewel via live streaming or in person	International Kadampa Spring Festival	International Kadampa Spring Festival
30	31					
International Kadampa Spring Festival <b>10:30 AM - 12:00 PM</b> Sunday Morning Drop-in meditation Class via live streaming or in person	International Kadampa Spring Festival					