

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>○ Full Moon ● New Moon</p> <p>D.B. - <i>Discovering Buddhism</i> B.P. - <i>Basic Program</i></p> <p><i>The calender can be downloaded from www.buddhahouse.org where you can also sign up for our regular updates.</i></p>					<p>AM ¹</p> <p>PM 2.30 Tibetan Language Classes</p>	<p>AM ² 9.00 Guided Meditation 10.00 Morning Tea 10.30 - 12.00 <i>Nagarjuna's Letter to a Friend</i> 10.00 Dharma Kids Club PM 5.00 Protector Practices</p>
<p>AM ³ 9.15 Classical Yoga</p> <p>PM 6.00 Learn to Meditate 7.15 Opening our Heart, Seeing Reality</p>	<p>AM ⁴</p> <p>PM 6.00 Learn to Meditate 7.15 Bodhisattva's Way of Life</p>	<p>AM ⁵ 9.15 Gentle Yoga for Meditators 10.00 Guided Meditation PM 6.00 Chenrezig Practise 7.15 <i>16 Guidelines for a happy life</i></p>	<p>AM <i>precepts at home</i> ⁶ 10.00 Opening our Heart, Seeing Reality</p> <p>PM 3.00 Tara Puja 6.00 B.P. Study Group 7.15 Lam Rim 9.00 Review Session</p>	<p>AM ⁷</p> <p>PM 7.30 Cultivating Wisdom and Leadership (3)</p>	<p>AM ⁸ 9.00 - 5.00 Workshop 'Introduction to Tantra'</p> <p>PM 3.30 Guru Puja 7.30 Buddha's Café</p>	<p>AM ⁹ 9.00 Guided Meditation 10.00 Morning Tea 10.30 <i>Nagarjuna's Letter to a Friend</i></p>
<p>AM ¹⁰ 9.15 Classical Yoga</p> <p>PM 6.00 Learn to Meditate 7.15 Opening our Heart, Seeing Reality</p>	<p>AM ¹¹</p> <p>PM 6.00 Learn to Meditate 7.15 Bodhisattva's Way of Life</p>	<p>AM ¹² 9.15 Gentle Yoga for Meditators 10.00 Guided Meditation PM 6.00 Medicine Buddha Practise 7.15 <i>16 Guidelines for a happy life</i></p>	<p>AM <i>precepts at home</i> ○ ¹³ Lord Buddha's acceptance to descend from Tushita 10.00 Opening our Heart, Seeing Reality PM 4.00 Medicine Buddha Puja 6.00 B.P. Study Group 7.15 Lam Rim Review</p>	<p>AM ¹⁴</p>	<p>AM ¹⁵ 8.30 Bushwalk</p> <p>PM 2.30 Tibetan Language Classes</p>	<p>AM ¹⁶ 9.00 Guided Meditation 10.00 Morning Tea 10.30 <i>Nagarjuna's Letter to a Friend</i></p>
<p>AM ¹⁷ 9.15 Classical Yoga</p> <p>PM 6.00 Learn to Meditate 7.15 Opening our Heart, Seeing Reality</p>	<p>AM ¹⁸</p> <p>PM 6.00 Learn to Meditate</p>	<p>AM <i>precepts at home</i> ¹⁹ Lord Buddha's actual descent 9.15 Gentle Yoga for Meditators 10.00 Guided Meditation PM 6.00 Shakyamuni Buddha Practise 7.30 Guru Puja</p>	<p>AM ²⁰ 10.00 Opening our Heart, Seeing Reality</p> <p>PM 6.00 B.P. Study Group 7.15 Lam Rim Review</p>	<p>AM ²¹</p> <p>PM 7.30 Cultivating Wisdom and Leadership (4)</p>	<p>AM ²² 9.00 - 4.00 Workshop "Working with Emotions"- Ignorance PM 5.00 Guru Puja 7.30 Buddha's Café</p>	<p>AM ²³ 9.00 Guided Meditation 10.00 Morning Tea 10.30 Living and working in Harmony PM 12.30 - 1.30 Shared Lunch 2.00 - 3.45 AGM</p>
<p>AM ²⁴ 9.15 Classical Yoga</p> <p>PM 6.00 Learn to Meditate 7.15 Opening our Heart, Seeing Reality</p>	<p>AM ²⁵</p> <p>PM 6.00 Learn to Meditate</p>	<p>AM ²⁶ 9.15 Gentle Yoga for Meditators 10.00 Guided Meditation PM 6.00 Tara Practise 7.15 <i>16 Guidelines for a happy life</i></p>	<p>AM <i>precepts at home</i> ● ²⁷ 10.00 Opening our Heart, Seeing Reality</p> <p>PM 7.15 Lam Rim Review</p>	<p>AM ²⁸</p> <p>PM 7.30 Cultivating Wisdom and Leadership (5)</p>	<p>AM ²⁹ 9.00 - 4.00 Weekend Workshop "Making Friends with Death"</p>	<p>AM ³⁰ 9.00 Guided Meditation 10.00 Morning Tea 9.00 - 4.00 Weekend Workshop "Making Friends with Death"</p>

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AM 9.15 Classical Yoga 1 PM 6.00 Learn to Meditate 7.15 Opening our Heart, Seeing Reality	AM 2 PM 6.00 Learn to Meditate	AM 3 9.15 Gentle Yoga for Meditators 10.00 Guided Meditation PM 6.00 Chenrezig Practise 7.15 16 Guidelines for a happy life	AM 4 10.00 Opening our Heart, Seeing Reality PM 7.15 B.P. Exam	AM <i>precepts at home</i> 5 PM 5.00 Tara Puja 7.30 Cultivating Wisdom and Leadership (6)	AM 6 PM 2.30 Tibetan Language Classes 7.00 End of Year Party	AM 7 9.00 Guided Meditation 10.00 Morning Tea 10.00 - 3.00 Dharma Kids Day PM 3.00 Protector Practices 4.00 Guru Puja
AM 8 9.15 Classical Yoga PM 6.00 Learn to Meditate 7.15 Opening our Heart, Seeing Reality	AM 9 PM 6.00 Learn to Meditate	AM 10 9.15 Gentle Yoga for Meditators 10.00 Guided Meditation PM 6.00 Medicine Buddha Practise 7.15 16 Guidelines for a happy life	AM 11 10.00 Opening our Heart, Seeing Reality PM 7.15 B.P. Exam	AM <i>precepts at home</i> ○ 12 PM 5.00 Medicine Buddha Puja 7.30 Cultivating Wisdom and Leadership (7)	AM 13 8.30 Bushwalk 9.00 - 4.00 Buddhism in a Nutshell	AM 14 9.00 Guided Meditation 10.00 Morning Tea 10.30 - 12.00 Living and working in Harmony
AM 15 9.15 Classical Yoga PM 6.00 Learn to Meditate 7.15 Opening our Heart, Seeing Reality	AM 16 PM 6.00 Learn to Meditate	AM 17 9.15 Gentle Yoga for Meditators 10.00 Guided Meditation PM 6.00 Shakyamuni Buddha Practise 7.15 16 Guidelines for a happy life	AM 18 10.00 Opening our Heart, Seeing Reality	AM 19 PM 7.30 Cultivating Wisdom and Leadership (8)	AM 20 PM 2.30 Tibetan Language Classes 7.30 Buddha's Café	AM 21 Lama Tsong Khapa Day 9.00 Guided Meditation 10.00 Morning Tea 10.30 - 12.00 Guru Puja 12.30 Shared Lunch
AM 22 PM 6.00 Learn to Meditate 7.15 Opening our Heart, Seeing Reality	AM 23 PM 6.00 Learn to Meditate	AM 24 10.00 Guided Meditation	25	AM 26 9.00 - 4.00 Retreat "Begin Again"	AM <i>precepts at home</i> ● 27 9.00 - 4.00 Retreat "Begin Again"	AM 28 9.00 - 4.00 Retreat "Begin Again"
29	30	31	○ Full Moon ● New Moon D.B. - <i>Discovering Buddhism</i> B.P. - <i>Basic Program</i> <i>The calender can be downloaded from www.buddhahouse.org where you can also sign up for our regular updates.</i>			