

Kagyü Sukha Chöling Meditations, Classes & Events Schedule ~ South Sangha

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January 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 9:00 am New Center Work Party
3 - First Sunday 10-10:45 am Sangha-guided Calm Abiding Meditation 11-11:30 am Self-guided Calm Abiding Meditation	4	5	6 6:45 pm Mahakala* 7:30 pm Chenrezig	7 5:00 pm Four Deities* 6-7:00 pm Calm Abiding	8	9 9:00 am New Center Work Party
10	11	12	13 6:45 pm Mahakala* 7:30 pm Chenrezig (Guided)	14 5:00 pm Four Deities* 6-7:00 pm Calm Abiding	15 7:00 pm Buddha Cinema	16 9:00 am New Center Work Party
17 9-11:30 am Tonglen & DharmaKids 12-2:30 pm Joyful Effort	18	19	20 6:45 pm Mahakala* 7:30 pm Chenrezig	21 5:00 pm Four Deities* 6-7:00 pm Calm Abiding	22	23 9:00 am New Center Work Party
24	25	26 7:00 pm Free Public Talk Ashland Public Library-Gresham Room	27 6:45 pm Mahakala* 7:30 pm Chenrezig (English)	28 5:00 pm Four Deities* 6-7:30 pm Calm Abiding & Newcomers' Night	29	30 9:00 am New Center Work Party
31 9-11:30 am Calm Abiding & DharmaKids 12-2:00 pm Tranquility Practice Group						

*Prior empowerment and instruction required to attend this practice.