

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

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## July 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 Holiday: No First Sunday Sit in July	5	6	7 6:00 pm Mahakala* 7:00 pm Chenrezig	8 5:00 pm Four Deities* 6-7:00 pm Calm Abiding	9	10
11 9-11:30 am Tonglen 12-2:00 pm Joyful Effort	12	13	14 6:00 pm Mahakala* 7:00 pm Chenrezig (Guided)	15 5:00 pm Four Deities* 6-7:00 pm Calm Abiding	16	17
18 9-11:30 am Calm Abiding 12-2:30 pm Tranquility Practice Group	19	20	21 6:00 pm Mahakala* 7:00 pm Chenrezig	22 5:00 pm Four Deities* 6-7:00 pm Calm Abiding	23	24
25	26	27	28 6:00 pm Mahakala* 7:00 pm Chenrezig (English)	29 5:00 pm Four Deities* 6-7:00 pm Calm Abiding	30	31

\*Prior empowerment and instruction required to attend this practice.