

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

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## August 2010

| SUNDAY   | MONDAY    | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY    | SATURDAY  |
|--|-----------|-----------|---|--|-----------|-----------|
| <b>1</b><br>10-10:45 a.m.<br><b>Sangha-guided<br/>Calm Abiding</b><br><br>11-11:30 a.m.<br><b>Self-guided<br/>Calm Abiding</b> | <b>2</b>  | <b>3</b>  | <b>4</b><br>6:00 pm<br><b>Mahakala*</b><br>7:00 pm<br><b>Chenrezig</b>                      | <b>5</b>   | <b>6</b>  | <b>7</b>  |
| <b>8</b>   | <b>9</b>  | <b>10</b> | <b>11</b><br>6:00 pm<br><b>Mahakala*</b><br>7:00 pm<br><b>Chenrezig</b>                     | <b>12</b><br>5:00 pm<br><b>Four Deities*</b><br>6-7:00 pm<br><b>Calm Abiding</b> | <b>13</b> | <b>14</b> |
| <b>15</b>  | <b>16</b> | <b>17</b> | <b>18</b><br>6:00 pm<br><b>Mahakala*</b><br>7:00 pm<br><b>Chenrezig</b>                     | <b>19</b><br>5:00 pm<br><b>Four Deities*</b><br>6-7:00 pm<br><b>Calm Abiding</b> | <b>20</b> | <b>21</b> |
| <b>22</b>  | <b>23</b> | <b>24</b> | <b>25</b><br>6:00 pm<br><b>Mahakala*</b><br>7:00 pm<br><b>Chenrezig</b>                     | <b>26</b><br>5:00 pm<br><b>Four Deities*</b><br>6-7:00 pm<br><b>Calm Abiding</b> | <b>27</b> | <b>28</b> |
| <b>29</b>  | <b>30</b> | <b>31</b> | <b>28</b><br>6:00 pm<br><b>Mahakala*</b><br>7:00 pm<br><b>Chenrezig</b><br><i>(English)</i> | <b>29</b><br>5:00 pm<br><b>Four Deities*</b><br>6-7:00 pm<br><b>Calm Abiding</b> | <b>30</b> | <b>31</b> |

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