

Dipamkara Meditation Center

January 2006

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|---|--|--|
| 1 GP 11a-12:30p | 2 GP 7-8:45p | 3 Prayers & Med 8:30a-9:30a GP 7-8:30p | 4 GP 10-11:30a | 5 GP 8-9:30a <i>HYT Retreat Begins 7-9p</i> | 6 R 4-5:30p R 7-8:30p | 7 R 8-9:30a R 10:30-12p R 3-4:30p R 6-7:30p |
| 8 GP 11a-12:30p OSG 2-4p Green Tara Puja 5-6p | 9 Lamrim Retreat Begins 5:30-6:45p GP 7-8:45p | 10 Prayers & Med 8:30a-9:30a R 5:30-6:45p | 11 GP 10-11:30a R 5:30-6:45p | 12 GP 8-9:30a R 5:30-6:45p | 13 R 5:30-6:45p | 14 HDC How to Prepare for Meditation 9-12:30p R 5:30-6:45p |
| 15 GP 11a-12:30p R 5:30-6:45p | 16 R 5:30-6:45p GP 7-8:45p | 17 Prayers & Med 8:30a-9:30a R 5:30-6:45p GP 7-8:30p | 18 GP 10-11:30a R 5:30-6:45p | 19 GP 8-9:30a R 5:30-6:45p | 20 R 5:30-6:45p | 21 Lamrim Retreat Ends 5:30-6:45p |
| 22 GP 11a-12:30p | 23 GP 7-8:45p | 24 Prayers & Med 8:30a-9:30a GP 7-8:30p | 25 GP 10-11:30a OSG 4-6p | 26 GP 8-9:30a | 27 | 28 |
| 29 GP 11a-12:30p MD 1-4:30p | 30 GP 7-8:45p | 31 Prayers & Med 8:30a-9:30a GP 7-8:30p | GP = General Program FP = Foundation Program TTP = Teacher Training Program FDC = Full-Day Course HDC = Half-Day Course | | OSG = Offering to the Spiritual Guide MD = Melodious Drum R = Retreat FT = Free Talk <i>HYT = Highest Yoga Tantra (For those with Highest Yoga Tantra Empowerments only.)</i> | |

Dipamkara Meditation Center

February 2006

| February 2006 | | | | | | |
|---|----------------------|--|---|--|---|---|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | 1 GP 10-11:30a | 2 GP 8-9:30a | 3 <i>HYT 7-9p</i> | 4 FDC Buddhist Psychology of Depression 9-3p |
| 5 GP 11a-12:30p TTP & FP Begins OSG 6:30-9p | 6 GP 7-8:45p | 7 Prayers & Med 8:30a-9:30a GP 7-8:30p | 8 GP 10-11:30a <i>Green Tara 5-6p</i> FP 7-9:15p | 9 GP 8-9:30a OSG 5:30-7:30p TTP 7-9:15p | 10 FREE TALK: Transformation Through Buddhist Psychology 7-8:30p | 11 HDC Love, Desire & Attachment 9-12:30p |
| 12 TTP Class GP 11a-12:30p FP Class | 13 GP 7-8:45p | 14 Prayers & Med 8:30a-9:30a GP 7-8:30p | 15 GP 10-11:30a | 16 GP 8-9:30a | 17 FT Gen-la Dekyong @ Chakrasambara 7-9p | 18 Buddha Shakyamuni Empowerment with Gen-la Dekyong @ Chakrasambara 10-5p |
| 19 Empowerment Commentary 10-1p @ Chakrasambara GP 11a-12:30p (No TTP/FP) | 20 GP 7-8:45p | 21 Prayers & Med 8:30a-9:30a GP 7-8:30p | 22 GP 10-11:30a Get to Know Us! 6-7p FP Class 7-9:15p | 23 GP 8-9:30a OSG 5:30-7:30p TTP 6:30-9:15p | 24 <i>HYT 7-9p</i> | 25 HDC Introduction to Buddhist Meditation 9-12:30p |
| 26 GP 11a-12:30p | 27 GP 7-8:45p | 28 Prayers & Med 8:30a-9:30a GP 7-8:30p | GP = General Program FP = Foundation Program TTP = Teacher Training Program FDC = Full-Day Course HDC = Half-Day Course | | OSG = Offering to the Spiritual Guide MD = Melodious Drum R = Retreat FT = Free Talk <i>HYT = Highest Yoga Tantra</i> <i>(For those with Highest Yoga Tantra Empowerments only.)</i> | |

Dipamkara Meditation Center

March 2006

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|----------------------|---|---|---|--|--|
| GP = General Program FP = Foundation Prog TTP = Teacher Training Prog FDC = Full-Day Course HDC = Half-Day Course <i>HYT = Highest Yoga Tantra (For those with HYT Empowerments only.)</i> | | OSG = Offering to the Spiritual Guide MD = Melodious Drum R = Retreat FT = Free Talk | 1 GP 10-11:30a MD 4-7:30p FP 7-9:15p | 2 GP 8-9:30a TTP 6:30-9:15p | 3 FREE TALK: Inner Peace: The Secret to a Happy Life 7-8:30p | 4 HDC How to Solve Our Anger Problem 9-12:30p |
| 5 TTP 8-10a GP 11a-12:30p FP 6:30-9:15p | 6 GP 7-8:45p | 7 Prayers & Med 8:30a-9:30a GP 7-8:30p | 8 GP 10-11:30a Green Tara Puja 5-6p FP 7-9:15p | 9 GP 8-9:30a OSG 5:30-7:30p TTP 6:30-9:15p | 10 | 11 |
| 12 GP 11a-12:30p No TTP/FP | 13 GP 7-8:45p | 14 Prayers & Med 8:30a-9:30a 24-Hour Green Tara Retreat 6p, 10p GP 7-8:30p | 15 R 2a, 6a, 10a, 2p GP 10-11:30a FP 7-9:15p | 16 GP 8-9:30a TTP 6:30-9:15p | 17 HYT 7-9p | 18 HDC 35 Confession Buddhas: Prostration as Purification 9- 12:30p |
| 19 TTP 8-10a GP 11a-12:30p FP 6:30-9:15p | 20 GP 7-8:45p | 21 Prayers & Med 8:30a-9:30a GP 7-8:30p | 22 GP 10-11:30a FP 7-9:15p | 23 GP 8-9:30a TTP 6:30-9:15p | 24 Nyung Na Fasting Retreat 6:45a, 11a, 3p | 25 Nyung Na Fasting Retreat 6:45a, 11a, 3p |
| 26 TTP 8-10a GP 11a-12:30p OSG 5:30-7:30p FP 6:30-9:15p | 27 GP 7-8:45p | 28 Prayers & Med 8:30a-9:30a GP 7-8:30p | 29 GP 10-11:30a MD 4-7:30p FP 7-9:15p | 30 GP 8-9:30a TTP 6:30-9:15p | 31 HYT 7-9p | |

Dipamkara Meditation Center

April 2006

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|---|---|--|--|--|--|--|
| | | | | | | 1 OSG 8-10a | |
| 2 TTP 8-10a GP 11a-12:30p FP 6:30-9:15p | 3 GP 7-8:45p | 4 Prayers & Med 8:30a-9:30a GP 7-8:30p | 5 GP 10-11:30a FP 7-9:15p | 6 GP 8-9:30a TTP 6:30-9:15p | 7 HYT 7-9p | 8 FDC Secrets of the Mahamudra 9-3p Green Tara 4-5p | |
| 9 GP 11a-12:30p OSG 1-3p Refuge Retreat Begins 7-9p (TTP/FP 7pm) | 10 R 7a, 11a, 4p, 7p GP 7-8:45p | 11 Prayers & Med 8:30a- 9:30a R 7a, 11a, 4p, 7p GP 7-8:30p | 12 GP 10-11:30a R 7a, 11a, 4p, 7p FP 7-9:15p | 13 GP 8-9:30a TTP 6:30-9:15p | 14 15 1000-Armed Avalokiteshvara Empowerment @ KMC + Nyung Na Fasting Retreat | | |
| 16 GP 11a-12:30p <div style="border: 1px solid black; padding: 5px; text-align: center;"> Fasting Retreat @ KMC </div> | 17 GP 7-8:45p | 18 Prayers & Med 8:30a-9:30a GP 7-8:30p | 19 GP 10-11:30a Get to Know Us! 6-7p FP 7-9:15p | 20 GP 8-9:30a TTP 6:30-9:15p | 21 HYT 7-9p | 22 | |
| 23 TTP 8-10a GP 11a-12:30p FP 6:30-9:15p | 24 GP 7-8:45p | 25 Prayers & Med 8:30a-9:30a GP 7-8:30p | 26 GP 10-11:30a OSG 5:30-7:30p FP 7-9:15p | 27 GP 8-9:30a MD 4-7:30p TTP 6:30-9:15p | 28 | 29 HDC Introduction to Buddhist Meditation 9-12:30p | |
| 30 TTP 8-10a GP 11a-12:30p FP 6:30-9:15p | GP = General Program FP = Foundation Program TTP = Teacher Training Program FDC = Full-Day Course HDC = Half-Day Course | | | | | | |
| | | | OSG = Offering to the Spiritual Guide MD = Melodious Drum R = Retreat FT = Free Talk HYT = Highest Yoga Tantra (For those with HYT Empowerments only.) | | | | |

Dipamkara Meditation Center

May 2006

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|--|---|---|
| | 1 GP 7-8:45p | 2 Prayers & Med 8:30a-9:30a GP 7-8:30p | 3 GP 10-11:30a FP 7-9:15p | 4 GP 8-9:30a TTP 6:30-9:15p | 5 | 6 |
| 7 GP 11a-12:30p No TTP/FP | 8 Green Tara 5-6p GP 7-8:45p | 9 Prayers & Med 8:30a-9:30a GP 7-8:30p | 10 GP 10-11:30a OSG 5:30-7:30p FP 7-9:15p | 11 GP 8-9:30a TTP 6:30-9:15p | 12 FREE TALK: Meditation: Healing for Mind and Body 7-8:30p | 13 |
| 14 TTP 8-10a GP 11a-12:30p FP 6:30-9:15p | 15 GP 7-8:45p | 16 Prayers & Med 8:30a-9:30a GP 7-8:30p | 17 GP 10-11:30a FP 7-9:15p | 18 GP 8-9:30a TTP 6:30-9:15p | 19 HYT 7-9p | 20 HDC Break the Stress Habit 9-12:30p |
| 21 | 22 GP 7-8:45p | 23 Prayers & Med 8:30a-9:30a GP 7-8:30p | 24 GP 10-11:30a FP 7-9:15p | 25 GP 8-9:30a OSG 5:30-7:30p TTP 6:30-9:15p | 26 HYT 7-9p | 27 |
| 28 TTP 8-10a GP 11a-12:30p MD 4-7:30/FP 6:30-9:15p | 29 GP 7-8:45p | 30 Prayers & Med 8:30a-9:30a GP 7-8:30p | 31 GP 10-11:30a FP 7-9:15p | GP = General Program OSG = Offering to the Spiritual Guide FP = Foundation Prog MD = Melodious Drum TTP = Teacher Training Prog R = Retreat FDC = Full-Day Course FT = Free Talk HDC = Half-Day Course <i>HYT = Highest Yoga Tantra (For those with HYT Empowerments only.)</i> | | |

Dipamkara Meditation Center

June 2006

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|----------------------|--|---|--|--------------------|--|
| GP = General Program FP = Foundation Program TTP = Teacher Training Program FDC = Full-Day Course HDC = Half-Day Course | | OSG = Offering to the Spiritual Guide MD = Melodious Drum R = Retreat FT = Free Talk <i>HYT = Highest Yoga Tantra (For those with Highest Yoga Tantra Empowerments only.)</i> | | 1 | 2 | 3 |
| | | | | | HYT 7-9p | Change Your Mind Day 12-4p |
| 4 GP 11a-12:30p (No TTP/FP Class) | 5 GP 7-8:45p | 6 Prayers & Med 8:30a-9:30a GP 7-8:30p | 7 GP 10-11:30a FP 7-9:15p | 8 GP 8-9:30a Green Tara 10-11a OSG 5:30-7:30p TTP 6:30-9:15p | 9 | 10 |
| 11 TTP 8-10a GP 11a-12:30p FP 6:30-9:15p | 12 GP 7-8:45p | 13 Prayers & Med 8:30a-9:30a GP 7-8:30p | 14 GP 10-11:30a FP 7-9:15p | 15 GP 8-9:30a TTP 6:30-9:15p | 16 HYT 7-9p | 17 Community Pot- Luck Party 6pm |
| 18 TTP 8-10a GP 11a-12:30p FP 6:30-9:15p | 19 GP 7-8:45p | 20 Prayers & Med 8:30a-9:30a GP 7-8:30p | 21 GP 10-11:30a TTP/FP 6:30-9p OSG w/Tsog | 22 GP 8-9:30a Get to Know Us! 7-8p | 23 | 24 HDC Introduction to Buddhist Meditation 9-12:30p |
| 25 GP 11a-12:30p | 26 GP 7-8:45p | 27 Prayers & Med 8:30a-9:30a GP 7-8:30p | 28 GP 10-11:30a | 29 GP 8-9:30a MD 9-12:30p | 30 | |