

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 1.00-5.00pm - Centre & Meditation Room Cleaning 7.00-8.30pm – Introduction to Mahamudra Retreat	3 Mahamudra Retreat (Meditation Room)	4 Mahamudra Retreat	5 Mahamudra Retreat	6 Mahamudra Retreat	7 Mahamudra Retreat	8 Tara Day Mahamudra Retreat
9 Mahamudra Retreat	10 Tsog Day 9.00-11.00am – OSG 7.30-9.00pm – GP class (1)	11 Mahamudra Retreat	12 11.00am-12.30pm – GP class 7.30-9.00pm – In-depth GP	13 Mahamudra Retreat 7.15-8.30pm - WFJ with Tsog	14	15 Precepts 6.30am - Precepts
16 5.30-6.30pm – WFJ	17 5.15-6.15pm – WFJ 7.30-9.00pm – GP class (2)	18 5.30-6.30pm – WFJ 7.30-9.30pm – FP class	19 *7.30-9.00am – Quick Path 11.00am-12.30pm – GP class 7.30-9.00pm – In-depth GP	20 6.30pm – Prostrations 7.15-8.30pm - WFJ with Tsog puja	21 Find your Happy Life Weekend Retreat	22 Find your Happy Life Weekend Retreat
23 5.30-6.30pm – WFJ	24 5.15-6.15pm – WFJ 7.30-9.00pm – GP class (3)	25 Tsog Day 7.15-9.15pm – OSG	26 *7.30-9.00am – Quick Path 11.00am-12.30pm – GP class 7.30-9.00pm – In-depth GP	27 6.30pm – Prostrations 7.15-8.30pm - WFJ with Tsog puja	28 *Vajrayogini Retreat (Vajrayogini Meditation Room)	29 Protector Day *Vajrayogini Retreat
30 6.00-9.30pm – MD	31 5.15-6.15pm – WFJ 7.30-9.00pm – GP class (4)					

* - HYT only, GP – General Programme Class, FP – Foundation Programme Class, WFJ – Wishfulfilling Jewel Puja, OSG – Offering to the Spiritual Guide Puja, MD – Melodius Drum Puja, PWP – Prayers for World Peace, Quick Path prayers held in Vajrayogini Meditation Room, VKBC – Vajrapani Kadampa Buddhist Centre, Gompa – Meditation Room

January 2017 - Vajrapani Kadampa Buddhist Centre