

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 7.15pm Guru Yoga Mandala retreat Introduction	2 Guru Yoga Mandala Retreat	3 11am–12.30pm – PWP Guru Yoga Mandala Retreat
4 5.30-6.30pm – WFJ	5 5.15-6.15pm – WFJ 7.30-9.15pm GP – (3of4)	6 5.30-6.30pm – WFJ 7.30-9.30pm - FP Class	7 11am-12.30pm – GP 7.30-9.15pm- In-depth GP	8 Tara Day 7.15-8.30pm – WFJ with Tsog	9 Xmas Party 4pm DVD 6pm Dinner	10 Tsog Day 11am–12.30pm - PWP 7.30-9.30pm - OSG
11 5.30-6.30pm – WFJ	12 5.15-6.15pm – WFJ 7.30-9.15pm GP – (4of4)	13 4.30-5.30pm – WFJ 6.00-9.30pm - FP Class	14 11am-12.30pm – GP 7.30-9.15pm- In-depth GP	15 Nyungnay Retreat	16 Nyungnay Retreat	17 11am–12.30pm - PWP
18 Xmas holidays	19 Xmas holidays	20 Xmas holidays	21 Xmas holidays	22 Xmas holidays	23 Xmas holidays	24 Xmas holidays
25 Xmas holidays	26 Xmas holidays	27 Xmas holidays	28 Xmas holidays	29 Protector Day Kangso 6pm	30 Xmas holidays	31 Xmas holidays

FP – Foundation Programme (In-depth), WFJ – Wishfulfilling Jewel Prayers, OSG – Offering to the Spiritual Guide Prayers
 GP – General Programme Class (For those new to meditation), PWP – Prayers for World Peace (Free class)

December 2017

Meditate **in** Huddersfield

Centre for Meditation and Modern Buddhism - Vajrapani Kadampa Buddhist Centre

