

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 7.30-9.30pm - FP Class	2 11am-12.30pm – GP 7.30-9.15pm- In-depth GP	3 7.15-8.30pm – WFJ with Tsog	4 10.30am – 12pm Kids Club	5 11am–12.30pm – PWP
6 5.30-6.30pm – WFJ	7 5.15-6.15pm – WFJ 7.30-9.15pm GP – (4of4)	8 Tara Day 5.30-6.30pm – WFJ 7.30-9.30pm - FP Class	9 11am-12.30pm – GP 7.30-9.15pm- In-depth GP	10 Tsog Day 7.30-9.30pm - OSG	11	12 11am–12.30pm - PWP
13 Week off – No classes	14 Week off – No classes	15 Week off – No classes	16 Week off – No classes	17 MKMC Course – In Ulverston	18 MKMC Course – In Ulverston	19 NO PWP MKMC Course – In Ulverston
20 5.30-6.30pm - WFJ	21 5.15-6.15pm – WFJ 7.30-9.15pm GP – (1of4)	22 4.30-5.30pm – WFJ 6.00-9.30pm - FP Class	23 11am-12.30pm – GP 7.30-9.15pm- In-depth GP	24 7.15-8.30pm – WFJ with Tsog	25 Tsog Day 10am-1.30pm - Half-Day Course: Discover the Power of Your Mind 7.30-9.30pm - OSG	26 11am–12.30pm – PWP
27 Protector Day Kangso 6pm	28 5.15-6.15pm – WFJ 7.30-9.15pm GP – (2of4)	29 5.30-6.30pm – WFJ 7.30-9.30pm - FP Class	30 11am-12.30pm – GP 7.30-9.15pm- In-depth GP	1 Dec 7.15pm Guru Yoga Mandala retreat Introduction	2 Dec Guru Yoga Mandala Retreat	3 Dec 11am–12.30pm – PWP Guru Yoga Mandala Retreat

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)

November 2017

Meditate **in** Huddersfield

Centre for Meditation and Modern Buddhism - Vajrapani Kadampa Buddhist Centre

