

## Kalpa Bhadra Buddhist Centre February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 QP 7.30 – 9.00am HJ Puja 5.00 – 6.00pm GP St Albans 7.30 – 9.00pm	2 QP 7.30 – 9.00am SM Beckenham 12 – 12.45pm WFJ + TSOG 6.00 – 7.30pm Amitayus Retreat Intro 8.00 – 9.30pm	3 Amitayus Retreat Ses 1: 9.00 – 10.15am Ses 2: 11.00 – 12.15pm Ses 3: 4.30 – 5.45pm HJ Puja 7.30 – 8.30pm
4 Amitayus Retreat Ses 1: 8.00 – 9.15am SM 10 – 10.45am Ses 2: 11.00 – 12.15pm Ses 3: 4.30 – 5.45pm HJ Puja 7.30 – 8.30pm	5 QP 7.30 – 9.00am HJ Puja 5.00 – 6.00pm	6 QP 7.30 – 9.00am HJ Puja 5.45 – 6.45pm	7 QP 7.30 – 9.00am HJ Puja 5.00 – 6.00pm GP Brighton 6.00 - 7.15pm GP Lincoln 7.30 – 9.00pm	8 QP 7.30 – 9.00am Tara 3.00 – 4.00pm HJ Puja 5.00 – 6.00pm GP St Albans 7.30 – 9.00pm	9 QP 7.30 – 9.00am SM Beckenham 12 – 12.45pm WFJ + TSOG 6.30 – 8.00pm	10 Day Course: Learn to Meditate 10.00am – 4.30pm  OTSG 6.30 – 8.30pm
11 HJ Puja 8.45 – 9.45pm SM 10 – 10.45am FP 3.30 – 8.15pm	12 QP 7.30 – 9.00am HJ Puja 5.00 – 6.00pm	13 QP 7.30 – 9.00am HJ Puja 5.45 – 6.45pm GP Centre 7.30 – 9.00pm	14 QP 7.30 – 9.00am HJ Puja 5.00 – 6.00pm GP Brighton 6.00 - 7.15pm GP Lincoln 7.30 – 9.00pm	15 QP 7.30 – 9.00am HJ Puja 5.00 – 6.00pm GP St Albans 7.30 – 9.00pm	16 QP 7.30 – 9.00am SM Beckenham 12 – 12.45pm WFJ + TSOG 6.30 – 8.00pm	17 QP 7.15 – 8.50am HJ Puja 5.00 – 6.00pm
18 HJ Puja 8.45 – 9.45pm SM 10 – 10.45am Kids Club 11.00 - 12.00pm FP 3.30 – 8.15pm	19 QP 7.30 – 9.00am HJ Puja 5.00 – 6.00pm	20 QP 7.30 – 9.00am HJ Puja 5.45 – 6.45pm GP Centre 7.30 – 9.00pm	21 QP 7.30 – 9.00am HJ Puja 5.00 – 6.00pm GP Brighton 6.00 - 7.15pm GP Lincoln 7.30 – 9.00pm	22 QP 7.30 – 9.00am HJ Puja 5.00 – 6.00pm GP St Albans 7.30 – 9.00pm	23 QP 7.30 – 9.00am SM Beckenham 12 – 12.45pm WFJ + TSOG 6.30 – 8.00pm	24 Half Day Course: Overcoming Anxiety 9.30am – 12.30pm HJ Puja 5.00 – 6.00pm
25 HJ Puja 8.45 – 9.45pm SM 10 – 10.45am FP 3.30 – 5.30pm OTSG 6.30 – 8.30pm	26 QP 7.30 – 9.00am HJ Puja 5.00 – 6.00pm POWA 7.00 – 7.40pm	27 QP 7.30 – 9.00am HJ Puja 5.45 – 6.45pm GP Centre 7.30 – 9.00pm	28 KANGSO 10.00 – 1.30pm GP Brighton 6.00 - 7.15pm GP Lincoln 7.30 – 9.00pm			

GP = General Program  
 FP = Foundation Program  
 SM = Simply Meditate  
 HJ = Heart Jewel Puja  
 KANGSO = Dharma Protector Prayers Puja  
 QP = Quick Path  
 NEV = New Essence of Vajrayana  
 OTSG = Offering to Spiritual Guide Puja  
 POWA Prayers for the Deceased  
 PWP Prayers for World Peace  
 WFJ = Wish Fulfilling Jewel Puja