

Vajrapani Kadampa Buddhist Centre - DECEMBER 2019 *issue 2*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 WFJ with Meditation 9.00am - 10.15am	2 Dakini Yoga Puja* 9.00am - 10.00am WFJ with TSOG 8.00pm - 9.15pm	3 WFJ with Meditation 5.00pm - 6.15pm Powa Ceremony 8.00pm - 9.00pm	4 Dakini Yoga Puja* 11.00am - 12.00pm WFJ with Meditation 5.00pm - 6.15pm Introduction to the Vajrasattva Retreat 8.00pm - 9.30pm	5 WFJ with Meditation 5.00pm - 6.15pm	6 Learn to Meditate 11.00am-12.00pm WFJ with Meditation 5.00pm - 6.15pm	7 Vajrasattva Retreat <u>Session times</u> 9.00am - 10.30am 11.30am - 1.00pm 2.30pm - 4.00pm 5.00pm - 6.30pm HJ 8.00pm - 8.30pm
8 Tara Day Vajrasattva Retreat <u>Session times</u> 9.00am - 10.30am 11.30am - 1.00pm 2.30pm - 4.00pm Liberation From Sorrow 4.30pm - 5.30pm HJ 6.00pm - 6.30pm	9 Dakini Yoga Puja* 9.00am - 10.00am WFJ with Meditation 8.00pm - 9.15pm	10 Tsog Day WFJ with Meditation 5.00pm - 6.15pm OSG 8.00PM - 10.00PM	11 Dakini Yoga Puja* 11.00am - 12.00pm WFJ with Meditation 5.00pm - 6.15pm	12 WFJ with Meditation 5.00pm - 6.15pm	13 Asian Festival Singapore CENTRE BREAK	14 Asian Festival Singapore CENTRE BREAK
15 Asian Festival CENTRE BREAK	16 Asian Festival CENTRE BREAK	17 WFJ with Meditation 8.00pm-9.15pm	18 Dakini Yoga Puja* 11.00am - 12.00pm WFJ with Meditation 5.00pm - 6.15pm	19 WFJ with Meditation 5.00pm - 6.15pm	20 Learn to Meditate 11.00am-12.00pm WFJ with TSOG 8.30pm - 9.45pm	21 TERM BREAK
22 TERM BREAK	23 TERM BREAK	24 TERM BREAK	25 TERM BREAK	26 TERM BREAK	27 TERM BREAK	28 TERM BREAK
29 TERM BREAK	30 Dakini Yoga Puja* 9.00am - 10.00am WFJ with Meditation 8.00pm - 9.15pm	31 New Year's Eve WFJ with Meditation 4.00pm - 5.15pm TARA CHANTING Prayers to Arya Tara in six sessions 1st 8.30pm -10.00pm 2nd 11.00pm-12.30am	1 New Year's Day TARA CHANTING <u>Session times</u> 3rd 3.30am - 5.00am 4th 7.30am - 9.00am 5th 11.00am - 12.30pm 6th 3.30pm - 5.00pm WFJ 5.30pm - 6.30pm	NOTES Drop-in meditation classes: Friday morning WFJ: Wishfullfilling Jewel is our daily prayer pratice (puja) OSG : Offering to the Spiritual Guide Prayers *Dakini Yoga puja: for HYT practitioners only HJ : Heart Jewel Prayers		