

KADAMPA MEDITATION CENTER MARYLAND

For Event Details and the Most Up-to-Date Schedule, Go to MeditationMD.org/calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>KEY PWP – Prayers for World Peace with optional brunch ** - Meditations for Highest Yoga Tantra empowered people only OSG – Offering to the Spiritual Guide Prayers WFJ - Wishfulfilling Jewel Prayers (Chanted Prayers)</p>		<p>1 Meditations to Nourish the Body and Mind Silent Retreat 11am – 4:15pm</p>	<p>2 Guided Stages of the Path to Enlightenment Retreat 9-10am; 11am-12pm; 4-5pm; 7-8pm</p>	<p>3 Guided Stages of the Path to Enlightenment Retreat 9-10am; 11am-12pm; 4-5pm; 7-8pm</p>	<p>4 Guided Stages of the Path to Enlightenment Retreat 9-10am; 11am-12pm; 4-5pm; 7-8pm</p>	<p>5 Guided Stages of the Path to Enlightenment Retreat 9-10am; 11am-12pm Bodhisattva Vow & Teaching 3-5pm</p>
<p>6 10:30am PWP 10:30am Kids Meditation 11:45am Brunch in WP Cafe 1:30pm TTP-MM Retreat 4:30pm FP-Baltimore 5pm FP-Annapolis</p>	<p>7 6pm After work Meditation</p>	<p>8 3pm Tara Prayers 10:30am Annapolis 12:15pm Lunchtime Meditation Annapolis 7pm Churchville 7pm Annapolis 7:30pm Columbia</p>	<p>9 Guided Mahamudra Retreat 9am, 4pm, 7pm 10:30am Meditation Class 12:15pm Lunchtime Meditation 6pm After work Meditation 7pm TTP-MM Retreat 7:30pm Mt Vernon class</p>	<p>10 Vajrayogini Day Guided Mahamudra Retreat 9am, 11am 2pm OSG 6-6:45pm Dinner in World Peace Cafe 7pm Meditation Class</p>	<p>11 Guided Mahamudra Retreat 9am, 11am 12:15pm Lunchtime Meditation 4pm WFJ with offering (end of retreat)</p>	<p>12 Self-Initiation of Venerable Vajrayogini (Only for HYT practitioners) 10am – 6pm</p>
<p>13 10:30am PWP 10:30am Kids Meditation 11:45am Brunch in WP Cafe 1:30pm TTP 4:30pm FP-Baltimore 5pm FP-Annapolis</p>	<p>14 6pm After work Meditation</p>	<p>15 10:30am Annapolis 12:15pm Lunchtime Meditation Annapolis 7pm Churchville 7pm Annapolis 7:30pm Columbia</p>	<p>16 9am Dakini Yoga** 10:30am Meditation Class 12:15pm Lunchtime Meditation 4pm WFJ w/ offering 6pm After work Meditation 7pm TTP 7:30pm Mt Vernon class</p>	<p>17 9am Quick Path** 4pm WFJ 6-6:45pm Dinner in World Peace Cafe 7pm Meditation Class</p>	<p>18 Temple is Closed Retreat at the Beach: Becoming a Skillful, Joyful Meditator</p>	<p>19 Temple is Closed Retreat at the Beach: Becoming a Skillful, Joyful Meditator</p>
<p>20 Temple is Closed Retreat at the Beach: Becoming a Skillful, Joyful Meditator</p>	<p>21 Temple is Closed Retreat at the Beach: Becoming a Skillful, Joyful Meditator</p>	<p>22 10:30am Annapolis 12:15pm Lunchtime Meditation Annapolis 7pm Churchville 7pm Annapolis 7:30pm Columbia</p>	<p>23 9am Dakini Yoga** 10:30am Meditation Class 12:15pm Lunchtime Meditation 4pm WFJ 6pm After work Meditation 7pm TTP 7:30pm Mt Vernon class</p>	<p>24 9am Quick Path** 4pm WFJ with offering 6-6:45pm Dinner in World Peace Cafe 7pm Meditation Class</p>	<p>25 Heruka Day 9am Sojong (ordained) 12:15pm Lunchtime Meditation 1:30p Powa Ceremony 3:30p OSG</p>	<p>26 WFJ 11am Annapolis Retreat: Freedom from Anxiety, Worry & Fear 10am – 1pm Intro to Meditation and Mindfulness 2-3:30pm</p>
<p>27 10:30am PWP 10:30am Kids Meditation 11:45am Brunch in WP Café 1:30pm TTP 4:30pm FP-Baltimore 5pm WFJ with offering 5pm FP-Annapolis</p>	<p>28 6pm After work Meditation</p>	<p>29 10:30am Annapolis 12:15pm Lunchtime Meditation Annapolis 7pm Churchville 7pm Annapolis 7:30pm Columbia</p>	<p>30 9am Dakini Yoga** 10:30am Meditation Class 12:15pm Lunchtime Meditation 4pm WFJ 6pm After work Meditation 7pm TTP 7:30pm Mt Vernon class</p>	<p>31 9am Quick Path** 4pm WFJ 6-6:45pm Dinner in World Peace Cafe 7pm Meditation Class</p>	<p>JANUARY 2019 Parking lot: 900 E Northern Pkwy, Baltimore 21212 www.meditationMD.org 410-243-3837</p>	

