

Year at a Glance

DATE	EVENT
SEPT 1-2	Lamrim Weekend Retreat: Universal Compassion
8	Learn to Love your HYT Practice: Essentials of Quick Path
22	Introduction to Meditation and Mindfulness
22	Coming to Terms with Loss - Annapolis Retreat
22	Buddha's Return from Heaven Day with OSG prayers
29	Conquering Depression & Anxiety Day Retreat
OCT 5-11	Int'l Fall Festival in Portugal
13	Walk for Peace Fundraiser
19	Free Public Talk: Peaceful Mind; Happy Life
20	Introduction to Meditation and Mindfulness
20	Peace of Mind - Annapolis Retreat
22-26	Guru Yoga/Mandala Offering Retreat
25	Je Tsongkhapa Day with OSG prayers
27	Volunteer Clean-up Party
NOV 10-11	Empowerment of Buddha Manjushri
17	Introduction to Meditation and Mindfulness
17	The Power of Patience - Annapolis Retreat
21-24	Temple closed for Thanksgiving Holiday
DEC 8	Healing Difficult Relationships Day Retreat - with Guest Teacher Gen K. Norbu
10-14	Vajrasattva Retreat
15	Art Workshop: Mala Making
15	Sangha Social Potluck Lunch
24	Holiday Prayers for a Peaceful World
23, 25-29	Temple closed for Winter Holiday/Winter Break
31	Living with Joy: A New Year's Eve Celebration
JAN 1	Meditations to Nourish Your Body & Mind Silent Day Retreat
2-5	Guided Lamrim Retreat
5	Bodhisattva Vows & Teaching
9-11	Guided Mahamudra Retreat
10	Vajrayogini Day with OSG prayers
12	Vajrayogini Self Initiation

DATE	EVENT
JAN 18-21	Retreat at the Beach: Becoming a Skillful, Joyful Meditator (snow date Feb 1-4)
25	Heruka Day with OSG prayers
26	Introduction to Meditation and Mindfulness
26	Freedom from Anxiety, Worry and Fear - Annapolis Retreat
FEB 4-8	Refuge Retreat
9	Love Panel/Valentine Food for Thought
16	Overcoming Fear of Death Day Retreat
MAR 2	Introduction to Meditation and Mindfulness
2	Healing the Past, Creating the Future - Annapolis Retreat
30	Introduction to Meditation and Mindfulness
30	The Power of Imagination - Annapolis Retreat
APR 6	NKT Day and Peace of Mind Day Retreat
12-13	Drop of Essential Nectar
14-19	Guru Yoga Mandala Offering Retreat
15	Buddha's Enlightenment Day with OSG prayers
20	Introduction to Meditation and Mindfulness
26-May 1	US Festival at KMC New York
MAY 4	Finally Achieving Balance - Annapolis Retreat
11	Introduction to Meditation and Mindfulness; Volunteer Clean-up Party
18	Empowerment of Buddha Shakyamuni
24-29	UK Spring Festival
31-June 2	Away Retreat in the Western Maryland Countryside
JUNE 4	Buddha's Turning of the Wheel of Dharma Day & Geshe-la's Birthday with OSG prayers
8	Faith and the Logical Mind Silent Day Retreat
21-23	Kadampa Meditation Center Washington DC Temple Opening with Gen-la Kelsang Jampa
29	Introduction to Meditation and Mindfulness
JULY 13	Uncovering Our Boundless Potential: Clarity of the Mind Day Retreat
26-Aug 10	UK Summer Festival
AUG 17	Introduction to Meditation and Mindfulness
23	The Power of a Positive Mind - with Guest Teacher Gen K. Menla
24	Becoming a Spiritual Warrior - with Guest Teacher Gen K. Menla



MEDITATIONMD.ORG

KMC MD is a part of the New Kadampa Tradition – International Kadampa Buddhist Union and is a 501(c)3 non-profit.

