

August 2022



Kadampa Buddhist Center Quad Cities
meditateinquadcities.org · (608) 661-3211

SUN	MON	TUES	WED	THURS	FRI	SAT
COLOR KEY: Special classes in blue Pujas in green Weekly classes in black	1 Int'l Summer Festival (most center activities paused)	2 Int'l Summer Festival 30-Min Meditation #	3 Int'l Summer Festival	4 Int'l Summer Festival	5 Int'l Summer Festival	6 Int'l Summer Festival
7 Int'l Summer Festival Meditations for World Peace # 10-11:15 AM	8 TARA DAY Int'l Summer Festival	9 Int'l Summer Festival 30-Min Meditation #	10 Int'l Summer Festival	11 Int'l Summer Festival	12 Int'l Summer Festival	13 Int'l Summer Festival Ends
14 Meditations for World Peace # 10-11:15 AM	15 PRECEPTS DAY Precepts 6:30-7:15 AM Tantra: The Practice (HYT) 7-8:30 PM	16 30-Min Meditation # WFJ with silent meditation 5:30-6:30 PM	17 WFJ with silent meditation 5:30-6:30 PM	18 WFJ with silent meditation 5:30-6:30 PM Class break	19 Powa Practice 5:30-6:30 PM	20
21 Meditations for World Peace # 10-11:15 AM	22 Tantra: The Practice (HYT) 7-8:30 PM	23 30-Min Meditation # WFJ with silent meditation 5:30-6:30 PM	24 WFJ with silent meditation 5:30-6:30 PM	25 OSG with food offering 5:30-7:30 PM Class break	26 Medicine Buddha 5:30-6:30 PM Special Friday Night Lecture: The Building Blocks of Meditation # 7-8:30 PM	27 Lamrim Retreat # 9-10:15 AM 11:15 AM - 12:30 PM 5-6:15 PM 7:15-8:30 PM
28 Meditations for World Peace # 10-11:15 AM Lamrim Retreat # 1-2:15 PM 5-6:15 PM 7:15-8:30 PM	29 PROTECTOR DAY Lamrim Retreat # 9-10:15 AM 11:15 AM - 12:30 PM 5-6:15 PM Wishfulfilling Jewel with food offering 7:15-8:30 PM	30 30-Min Meditation # Lamrim Retreat # 9-10:15 AM 11:15 AM - 12:30 PM 5-6:15 PM 7:15-8:30 PM	31 Lamrim Retreat # 9-10:15 AM 11:15 AM - 12:30 PM 5-6:15 PM 7:15-8:30 PM	SPECIAL NOTES • Beginner friendly sessions noted with # • All sessions are livestreamed To register for pujas, visit meditationinmadison.org . OSG = Offering to the Spiritual Guide WFJ = Wishfulfilling Jewel HYT = Highest Yoga Tantra Empowerments required to attend		