

July 2022



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

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|---|--|--|---|--|--|------------------------------------|
| 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 | | | COLOR KEY: Special classes in blue Pujas in green Weekly classes in black | | 1 Powa Practice 5:30-6:30 PM | 2 |
| 3 Class break | 4 Tantra: The Practice (HYT) 7-8:30 PM | 5 30-Min Meditation # WFJ with silent meditation 5:30-6:30 PM | 6 WFJ with silent meditation 5:30-6:30 PM | 7 WFJ with silent meditation 5:30-6:30 PM Thursday Night Class # 7-8:15 PM | 8 TARA DAY Tara Practice 5:30-6:30 PM | 9 |
| 10 Meditations for World Peace # 10-11:15 AM OSG with food offering 2-4 PM | 11 Tantra: The Practice (HYT) 7-8:30 PM | 12 30-Min Meditation # WFJ with silent meditation 5:30-6:30 PM | 13 WFJ with silent meditation 5:30-6:30 PM | 14 WFJ with silent meditation 5:30-6:30 PM Thursday Night Class # 7-8:15 PM | 15 No precepts WFJ with silent meditation 5:30-6:30 PM | 16 |
| 17 Meditations for World Peace # 10-11:15 AM | 18 Tantra: The Practice (HYT) 7-8:30 PM | 19 30-Min Meditation # WFJ with silent meditation 5:30-6:30 PM | 20 WFJ with silent meditation 5:30-6:30 PM | 21 WFJ with silent meditation 5:30-6:30 PM Thursday Night Class # 7-8:15 PM | 22 Medicine Buddha 5:30-6:30 PM | 23 |
| 24 Meditations for World Peace # 10-11:15 AM | 25 OSG with food offering 7-9 PM | 26 30-Min Meditation # Puja break through August 13 | 27 | 28 Class break | 29 PROTECTOR DAY Int'l Summer Festival | 30 Int'l Summer Festival |
| 31 Int'l Summer Festival Meditations for World Peace # 10-11:15 AM | | | | | | |