



Chagdud Gonpa Amrita

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February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Teachings w/Lama Padma (see below for more information) 7pm	4 Open Meditation w/Lama Padma, 7:30-8:30pm	5	6
7 Red Tara Tsok* 2pm	8	9	10 Teachings w/Lama Padma (see below for more information) 7pm	11 Open Meditation w/Lama Padma, 7:30-8:30pm	12 Vajrakilaya Practice* 9am-9pm	13 Vajrakilaya Practice* 9am-6pm
14 Losar Tibetan Year Iron Tiger Year 2137	15	16	17 Teachings w/Lama Padma (see below for more information) 7pm	18 Open Meditation w/Lama Padma, 7:30-8:30pm	19 Chenrezig Nyungnay	20 Chenrezig Nyungnay
21 Chenrezig Nyungnay	22 Chenrezig Nyungnay (Ends at dawn) ----- Guru Rinpoche Tsok** 7pm	23	24 Teachings w/Lama Padma (see below for more information) 7pm	25 Open Meditation w/Lama Padma, 7:30-8:30pm	26	27
28 Full Moon Chenrezig Tsok* 2pm					Drubchen Planning Meeting TBA	

Chenrezig Nyung-nay. Pre-registration required. Space is limited

Jan 21- Apr 8 (11 wks) Open Meditation, all are welcome.

Teachings will continue on the *The Path of Universal Liberation* (Mahayana) until further notice. Please check our website or look for an email (if you are on our mailing list) for an announcement on the start of the Vajrayana teachings.

TBA - *The Path of Pure Vision* (Vajrayana), will cover such topics as empowerment, deity yoga, and the methods and meaning of rites and rituals; and the way of the Great Accomplishment (drubchen). Restricted to students who have received vajrayana empowerment.

*Empowerment is a prerequisite for participation in these particular practices. **Vows of Refuge are a prerequisite for participating in this practice.