

August 2010

Kalpa Bhadra Buddhist Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10am Prayers for World Peace 4pm Foundation Program (FP)	2 12:15-12:45pm Lunchtime Meditation 2:30pm Heart Jewel prayers (1h) 7pm Guelph class	3 7pm Elora class	4 12:15-12:45pm Lunchtime Meditation 2:30pm Heart Jewel prayers (1h)	5 7pm Cambridge class	6 10-11:30am Heart Jewel prayers (1h) 12:15-12:45pm Lunchtime Meditation 7:30pm Kitchener class	7 10-11am Wishfulfilling Jewel with food offering 6pm Stratford class
8 10am Prayers for World Peace 4pm Foundation Program (FP) 6:30pm Offering to the Spiritual Guide (2h)	9 12:15-12:45pm Lunchtime Meditation 2:30pm Heart Jewel prayers (1h) 7pm Guelph class	10	11 12:15-12:45pm Lunchtime Meditation 2:30pm Heart Jewel prayers (1h)	12 7pm Cambridge class	13 10-11:30am Heart Jewel prayers (1h) 12:15-12:45pm Lunchtime Meditation 7:30pm Kitchener class	14 10-11am Wishfulfilling Jewel with food offering 10am Creemore class 6pm Stratford class
15 6:30am Precepts 10am Prayers for World Peace 4pm Foundation Program (FP)	16 12:15-12:45pm Lunchtime Meditation 2:30pm Heart Jewel prayers (1h) 7pm Guelph class	17 7pm Elora class	18 12:15-12:45pm Lunchtime Meditation 2:30pm Heart Jewel prayers (1h)	19 7pm Cambridge class	20 10-11:30am Heart Jewel prayers (1h) 12:15-12:45pm Lunchtime Meditation 7:30pm Kitchener class	21 10-11am Wishfulfilling Jewel with food offering 10am Creemore class 6pm Stratford class
22 10am Prayers for World Peace 4pm Foundation Program (FP) 6:30pm Offering to the Spiritual Guide (2h)	23 12:15-12:45pm Lunchtime Meditation 2:30pm Heart Jewel prayers (1h) 7pm Guelph class	24	25 12:15-12:45pm Lunchtime Meditation 2:30pm Heart Jewel prayers (1h)	26 7pm Cambridge class 7pm Waterloo class	27 10-11:30am Heart Jewel prayers (1h) 12:15-12:45pm Lunchtime Meditation 7:30pm Kitchener class	28 10-11am Wishfulfilling Jewel with food offering 6pm Stratford class
29 10am Prayers for World Peace 4pm Foundation Program (FP) 6pm Melodius Drum prayers (3.5h)	30 12:15-12:45pm Lunchtime Meditation 2:30pm Heart Jewel prayers (1h) 7pm Guelph class	31 7pm Elora class	<p><i>Buddha said, "We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world."</i></p> <p>ModernBuddhist.ca ~ offering the path of wisdom and compassion</p>			

STUDY PROGRAMS

GENERAL PROGRAM CLASSES – provides a basic introduction to Buddhist meditation. Suitable for everyone.

FOUNDATION PROGRAM (FP) – a systematic weekly study course (pre-registration necessary).

Kalpa Bhadra Buddhist Centre (KBBC) is a Canadian Charity (854616596 RR0001) dedicated to the flourishing of the Kadampa Tradition in the modern world.

KBBC is a member of the New Kadampa Tradition - International Kadampa Buddhist Union

LOCATIONS

Guelph - Kalpa Bhadra Buddhist Centre - 42 Quebec Street, Guelph (classes throughout the week)

Elora - Elora Public Library, 144 Geddes Street, Elora - Tuesdays

Cambridge - Cambridge Centre for the Arts, 60 Dickson Street (Donaldson Room), Cambridge - Thursdays

Waterloo - Waterloo Public Library, Boardroom, 35 Albert Street, Waterloo - Thursdays

Kitchener - Blue Skies Yoga & Eco Store, 55 Victoria Street North, Suite G, Kitchener - Fridays

Creemore - Station on the Green, 10 Caroline Street East, Creemore - Saturdays

Stratford - Yoga Collective, 42 Wellington Street, Stratford - Saturdays