



Nalandabodhi

VANCOUVER PROGRAMS AND EVENTS

Programs and events are subject to change, please check status in advance

MAY 2006

All programs open to the public unless indicated * = Restricted program

www.nbvancouver.org info: 604.675.9282

Calendar current as of March 21, 2006 4865 Henry Street, Vancouver, B.C.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6 Hinayana Study Group – “The Hinayana Path” 10:00am – 12noon
7	8 7:00 – 8:--pm Shamatha Meditation Practice (Meditation Instruction Available 8:00-9:30pm DVD Series: Teachings by Ponlop Rinpoche	9	10	11	12	13 4:00pm Setup Vajrasattva Sadhana Practice *Restricted
14 Mahayana Study Group “Not Even a Middle” 9:45 – 12noon	15 7:00 – 8:--pm Shamatha Meditation Practice (Meditation Instruction Available 8:00-9:30pm DVD Series: Teachings by Ponlop Rinpoche	16	17	18 7:30-9:00pm Chenrezig Practice (In Tibetan)	19	20 Hinayana Study Group – “The Hinayana Path” 10:00am – 12noon Tibetan Language and Calligraphy Class 7:30pm – 8:30pm
21 Mahayana Study Group “Not Even a Middle” 9:45 – 12noon Mahakala Practice 7:30pm	22 7:00 – 8:--pm Shamatha Meditation Practice (Meditation Instruction Available 8:00-9:30pm DVD Series: Teachings by Ponlop Rinpoche	23 Vancouver Executive Meeting 7:00pm	24	25 7:30-9:00pm Chenrezig Practice (In Tibetan)	26	27 11:30-1:00pm Introduction to Meditation Roundhouse Community Centre Tibetan Language and Calligraphy Class 7:30pm – 8:30pm
28 Community Practice Day 9:30 – 12noon Lunch 1:30 to 4:00pm	29 7:00 – 8:--pm Shamatha Meditation Practice (Meditation Instruction Available 8:00-9:30pm DVD Series: Teachings by Ponlop Rinpoche	30	31		<u>Paramita Practice for the Month</u> MEDITATION	