

## Spring Programme 2010: Sakya Thubten Ling Buddhist Centre

### Sunday Talks with Meditation & Wednesday Meditation

<b>January</b>		
<b>Wednesday</b>	6 <sup>th</sup>	Meditation
<b>Sunday</b>	10 <sup>th</sup>	1 <sup>st</sup> Noble Truth
<b>Wednesday</b>	13 <sup>th</sup>	Meditation
<b>Sunday</b>	17 <sup>th</sup>	2 <sup>nd</sup> Noble Truth
<b>Wednesday</b>	20 <sup>th</sup>	Meditation
<b>Sunday</b>	24 <sup>th</sup>	3 <sup>rd</sup> Noble Truth
<b>Wednesday</b>	27 <sup>th</sup>	Meditation
<b>Sunday</b>	31 <sup>st</sup>	4 <sup>th</sup> Noble Truth
<b>February</b>		
<b>Wednesday</b>	3 <sup>rd</sup>	Meditation
<b>Sunday</b>	7 <sup>th</sup>	Right View
<b>Wednesday</b>	10 <sup>th</sup>	Meditation
<b>Sunday</b>	14 <sup>th</sup>	<b>Losar – Tibetan New Year</b>
<b>Wednesday</b>	17 <sup>th</sup>	Meditation
<b>Sunday</b>	21 <sup>st</sup>	Right Speech
<b>Wednesday</b>	24 <sup>th</sup>	Meditation
<b>Sunday</b>	28 <sup>th</sup>	Right Action
<b>March</b>		
<b>Wednesday</b>	3 <sup>rd</sup>	Meditation
<b>Sunday</b>	7 <sup>th</sup>	Right Livelihood
<b>Wednesday</b>	10 <sup>th</sup>	Meditation
<b>Sunday</b>	14 <sup>th</sup>	Right Effort
<b>Wednesday</b>	17 <sup>th</sup>	Meditation
<b>Sunday</b>	21 <sup>st</sup>	Right Mindfulness
<b>Wednesday</b>	24 <sup>th</sup>	Meditation
<b>Sunday</b>	28 <sup>th</sup>	Right Concentration
<b>Wednesday</b>	31 <sup>st</sup>	Meditation

**The centre will be closed from Wednesday 31 March 2010 until Tuesday 6<sup>th</sup> April 2010**