

Spring Rota 2012
Sakya Thubten Ling Buddhist Centre

January		
Wednesday	4 th	Meditation
Thursday	5 th	Meditation
Sunday	8 th	1 st Noble Truth
Tuesday	10 th	Tara Sadhana
Wednesday	11 th	Meditation
Thursday	12 th	Meditation
Saturday	14 th	Open Session
Sunday	15 th	2 nd Noble Truth
Tuesday	17 th	Medicine Buddha Sadhana
Wednesday	18 th	Meditation
Thursday	19 th	Meditation
Sunday	22 nd	3 rd Noble Truth
Tuesday	24 th	Tara Sadhana
Wednesday	25 th	Meditation
Thursday	26 th	Meditation
Sunday	29 th	4 th Noble Truth
Tuesday	31 st	Tara Puja
February		
Wednesday	1 st	Meditation
Thursday	2 nd	Meditation
Sunday	5 th	Right View
Tuesday	7 th	Tara Sadhana
Wednesday	8 th	Meditation
Thursday	9 th	Meditation
Saturday	11 th	Open Session
Sunday	12 th	Right Thought
Tuesday	14 th	Medicine Buddha Sadhana
Wednesday	15 th	Meditation
Thursday	16 th	Meditation
Sunday	19 th	Right Speech
Tuesday	21 st	Tara Sadhana
Wednesday	22 nd	LOSAR – Tibetan New year
Thursday	23 rd	Meditation
Sunday	26 th	Right Action
Tuesday	28 th	Tara Puja
Wednesday	29 th	Meditation
March		
Thursday	1 st	Meditation
Sunday	4 th	Right Livelihood
Tuesday	6 th	Tara Sadhana
Wednesday	7 th	Meditation
Thursday	8 th	Meditation
Saturday	10 th	Open Session
Sunday	11 th	Right Effort
Tuesday	13 th	Medicine Buddha Sadhana
Wednesday	14 th	Meditation
Thursday	15 th	Meditation
Sunday	18 th	Right Mindfulness
Tuesday	29 th	Tara Sadhana
Wednesday	21 st	Meditation
Thursday	22 nd	Meditation
Sunday	25 th	Right Concentration
Tuesday	27 th	Tara Puja
Wednesday	28 th	Meditation

Thursday	29 th	Meditation
April		
Sunday	1 st	Buddhist Precepts
Tuesday	3 rd	Tara Sadhana
Wednesday	4 th	Meditation
Thursday	5 th	Meditation

Centre closed after Meditation on Thursday 5 April re-opening on Wednesday 11 April