

Summer Programme 2010 (Centre closed from 30 July 2010 until 1st September 2010)

APRIL			
Wednesday	7 th	Meditation	7.30pm
Thursday	8 th	Meditation	9.30am
Sunday	11 th	1 st Noble Truth	6.00pm
Wednesday	14 th	Meditation	7.30pm
Thursday	15 th	Meditation	9.30am
Sunday	18 th	2 nd Noble Truth	6.00pm
Wednesday	21 st	Meditation	7.30pm
Thursday	22 nd	Meditation	9.30am
Thursday	22nd	Tara Puja	7.30pm
Sunday	25 th	3 rd Noble Truth	6.00pm
Wednesday	28 th	Meditation	7.30pm
Thursday	29 th	Meditation	9.30am
MAY			
Sunday	2 nd	4 th Noble Truth	6.00pm
Wednesday	5 th	Meditation	7.30pm
Thursday	6 th	Meditation	9.30am
Sunday	9 th	Right View	6.00pm
Wednesday	12 th	Meditation	7.30pm
Thursday	13 th	Meditation	9.30am
Sunday	16 th	Right Thought	6.00pm
Wednesday	19 th	Meditation	7.30pm
Thursday	20 th	Meditation	9.30am
Sunday	23 rd	Right Speech	6.00pm
Wednesday	26 th	Meditation	7.30pm
Thursday	27 th	Meditation	9.30am
Thursday	27th	Enlightenment Day	7.30pm
Sunday	30 th	Right Action	6.00pm
JUNE			
Wednesday	2 nd	Meditation	7.30pm
Thursday	3 rd	Meditation	9.30am
Friday	4 th	HH Sakya Trizin Welcome	7.15pm
Sunday	6 th	Centre Closed	-
Wednesday	9 th	Centre Closed	-
Thursday	19 th	Meditation	9.30am
Sunday	13 th	Right Livelihood	6.00pm
Wednesday	16 th	Meditation	7.30pm
Thursday	17 th	Meditation	9.30am
Sunday	20 th	Right Effort	6.00pm
Wednesday	23 th	Meditation	7.30pm
Thursday	24 th	Meditation	9.30am
Sunday	27 th	Right Meditation	6.00pm
Wednesday	30 st	Meditation	7.30pm
JULY			
Thursday	1 st	Meditation	9.30am
Sunday	4 th	Generosity	6.00pm
Wednesday	7 th	Meditation	7.30pm
Thursday	8 th	Meditation	9.30am
Sunday	11 th	Morality	6.00pm
Wednesday	14 th	Meditation	7.30pm
Thursday	15 th	Meditation	9.30am
Sunday	18 th	Patience & Joyful Effort	6.00pm
Wednesday	21 st	Meditation	7.30pm
Thursday	22 nd	Mediation	9.30am
Sunday	25 th	Concentration & Meditation	6.00pm
Wednesday	28 th	Meditation	7.30pm
Thursday	29 th	Meditation	9.30am