

July 2008

KADAMPA MEDITATION CENTER WASHINGTON—EASTSIDE

1940 116th Avenue NE, Suite 250 Bellevue
425.269.1944

Buddhist Meditation Classes on Eastside

MeditateEastside.org

Locations	SUN	MON	TUE	WED	THU	FRI	SAT
<p>Kadampa Meditation Center Washington EASTSIDE</p> <p>Bellevue 1940 116th Avenue NE Suite 250 Bellevue WA 425.269.1944</p> <p>Branch Classes</p> <p>Bothell U of W Bothell 18115 Campus Way, NE Room UW2 221</p> <p>Renton Renton YWCA 1010 S. 2nd Street</p> <p>Woodinville Top Spot Cafe 17802 134th Ave NE Suite 6</p> <p>MeditateEastside.org</p>			1 ←	2 ← Branch Break This Week →	3	4 4th of July	5
	6 PWP 10—11:15am HJ 11:30—12:30pm	7 Bothell GP 7:30—9:00pm	8 LM 12:30—1pm	9 Avalokiteshvara 6—6:30pm Bellevue GP 7—8:30pm	10 OSG 7pm	11 Bellevue GP 6—7pm	12 Woodinville Meditation for Parents 3—4pm
	13 PWP 10—11:15am HJ 11:30—12:30pm FP 7 pm	14 Bothell GP 7:30—9:00pm	15 LM 12:30—1pm	16 Avalokiteshvara 6—6:30pm Bellevue GP 7—8:30pm	17	18 Bellevue GP 6—7pm	19 Woodinville Meditation for Parents 3—4pm
	20 PWP 10—11:15am HJ 11:30—12:30pm	21 Bothell on break	22 LM 12:30—1pm	23 Avalokiteshvara 6—6:30pm Bellevue GP 7—8:30pm	24	25 Bellevue GP 6—7pm	26 Woodinville Meditation for Parents 3—4pm
	27 PWP 10—11:15am HJ 11:30—12:30pm	28 Bothell on break	29 LM 12:30—1pm	30 Avalokiteshvara 6—6:30pm Bellevue GP 7—8:30pm	31		

Introductory Classes

These classes (GP, LM, PWP) include guided meditation and a teaching. Everyone Welcome.

GP/LM General Program / Luchtime Meditation

PWP - Prayers for World Peace

All these classes our at our Bellevue location unless otherwise indicated.

Chanted Prayers and Meditation

HJ—Heart Jewel—Prayers to the Wisdom Buddha & Lamrim meditation. 1 hour

Avalokiteshvara—Prayers to Buddha of Compassion .1/2 hour

OSG - Offering to the Spiritual Guide - Praises and requests made every two weeks to the Spiritual Guide. Please bring a vegetarian food offering. 2 hours