

JANUARY 2026						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 9.00 - 10.00am WFJ Prayer	2 8.30 - 10.30am Quick Path to Great Bliss 11.30am - 12.30pm WFJ Prayer	3 Buddha Amitayus Long Life Retreat (unguided) 9.00 - 10.15am: Session 1 10.45am - 12.00nn: Session 2 1.00 - 2.00pm: WFJ Prayer 2.45 - 4.00pm: Session 3	4 9.00 - 10.15am: Session 1 10.45am - 12.00nn: Session 2 1.00 - 2.00pm: WFJ Prayer 2.45 - 4.00pm: Session 3
5 9.00 - 10.00am WFJ Prayer	6 9.00 - 10.00am WFJ Prayer 7.30 - 8.45pm GP Class	7 9.00 - 10.00am WFJ Prayer	8 9.00 - 10.00am WFJ Prayer 7.30 - 8.30pm Tara Prayer	9 8.30 - 10.30am Quick Path to Great Bliss 11.30am - 12.45pm WFJ Prayer Tsog	10 9.00 - 10.00am WFJ Prayer 10.30am - 12.30pm Offering to Spiritual Guide Prayer	11 9.00 - 10.00am: WFJ Prayer Overcoming Anger & Frustration 10.00 - 11.15am: Teaching & Meditation 11.45am - 1.00pm: Teaching, Meditation and Q&A (meditation half-day course with Buddhist Teacher, Elaine)
12 9.00 - 10.00am WFJ Prayer	13 9.00 - 10.00am WFJ Prayer 7.30 - 8.45pm GP Class	14 9.00 - 10.00am WFJ Prayer	15 9.00 - 10.00am WFJ Prayer	16 8.30 - 10.30am Quick Path to Great Bliss 11.30am - 12.30pm WFJ Prayer	17 10.00 - 11.00am Powa (Prayers for the Deceased) 11.00am - 12.15pm WFJ Prayer Tsog	18 11.00am - 12.00nn WFJ Prayer
19 9.00 - 10.00am WFJ Prayer	20 9.00 - 10.00am WFJ Prayer 7.30 - 8.45pm GP Class	21 9.00 - 10.00am WFJ Prayer	22 9.00 - 10.00am WFJ Prayer	23 8.30 - 10.30am Quick Path to Great Bliss 11.30am - 12.30pm WFJ Prayer	24 11.00am - 12.15pm WFJ Prayer Tsog 10.30am - 12.30pm Offering to Spiritual Guide Prayer	25 9.00 - 10.00am WFJ Prayer
26 9.00 - 10.00am WFJ Prayer	27 9.00 - 10.00am WFJ Prayer 7.30 - 8.45pm GP Class	28 9.00 - 10.00am WFJ Prayer	29 6.00 - 9.30pm Melodious Drum Prayer	30 8.30 - 10.30am Quick Path to Great Bliss 11.30am - 12.30pm WFJ Prayer	31 11.00am - 12.00nn WFJ Prayer 1.30 - 5.00pm Foundation Program	1-Feb

Note: The Quick Path to Great Bliss prayer is open only for those who have received Highest Yoga Tantra Empowerment.