

SEPTEMBER 2026						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 9.00 - 10.00am WFJ Prayer 7.30 - 8.45pm GP Class	2 9.00 - 10.00am WFJ Prayer	3 9.00 - 10.00am WFJ Prayer	4 8.30 - 10.30am Quick Path to Great Bliss 11.30am - 12.30pm WFJ Prayer	5 10.00 - 11.00am Powa (Prayers for the Deceased) 11.00am - 12.15pm WFJ Prayer Tsog 1.30 - 5.00pm Foundation Program	6 11.00am - 12.00nn WFJ Prayer
7 9.00 - 10.00am WFJ Prayer	8 9.00 - 10.00am WFJ Prayer 5.00 - 6.00pm Tara Prayer 7.30 - 8.45pm GP Class	9 9.00 - 10.00am WFJ Prayer	10 9.00 - 10.00am WFJ Prayer 7.30 - 9.30pm Offering to Spiritual Guide Prayer	11 8.30 - 10.30am Quick Path to Great Bliss 11.30am - 12.30pm WFJ Prayer	12 11.00am - 12.15pm WFJ Prayer Tsog 1.30 - 5.00pm Foundation Program	13 9.00 - 10.00am: WFJ Prayer <u>The Four Noble Truths</u> (full-day course with Gen Kelsang Rabka) 10.00 - 11.30am: Teaching #1 12.00nn - 12.45pm: Meditation #1 2.00 - 3.15pm: Teaching #2 3.45 - 5.00pm: Meditation #2
14 9.00 - 10.00am WFJ Prayer	15 9.00 - 10.00am WFJ Prayer 7.30 - 8.45pm GP Class	16 9.00 - 10.00am WFJ Prayer	17 9.00 - 10.00am WFJ Prayer	18 8.30 - 10.30am Quick Path to Great Bliss 11.30am - 12.30pm WFJ Prayer	19 <u>Refuge Retreat (unguided)</u> 8.30 - 10.00am: Session 1 10.30am - 12.00nn: Session 2 1.15 - 2.30pm: WFJ Prayer Tsog 3.00 - 4.30pm: Session 3	20 8.30 - 10.00am: Session 4 10.30am - 12.00nn: Session 5 1.30 - 2.30pm: WFJ Prayer 3.00 - 4.30pm: Session 6
21 9.00 - 10.00am WFJ Prayer	22 9.00 - 10.00am WFJ Prayer 4.00 - 6.00pm: OSG Prayer (Buddha's Return from Heaven Day) 7.30 - 8.45pm GP Class	23 9.00 - 10.00am WFJ Prayer	24 9.00 - 10.00am WFJ Prayer	25 8.30 - 10.30am Quick Path to Great Bliss 5.00 - 6.00pm WFJ Prayer 7.30 - 9.30pm Offering to Spiritual Guide Prayer	26 11.00am - 12.15pm WFJ Prayer Tsog 1.30 - 5.00pm Foundation Program	27 <u>The Foundations of Meditation</u> (half-day retreat) 9.00 - 10.00am: Retreat Session #1 10.30 - 11.30am: Retreat Session #2 12.00nn - 1.00pm: Retreat Session #3 1.30 - 2.30pm: WFJ Prayer
28 9.00 - 10.00am WFJ Prayer	29 2.00 - 5.30pm Melodious Drum Prayer 7.30 - 8.45pm GP Class	30 9.00 - 10.00am WFJ Prayer	01-Oct	2	3	4

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