

January '10

RigDzin Dharma Foundation

322 Washington St. SE, Albuquerque
505 401 7340 www.rigdzin.com



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*Phowa practice requires prior instruction and transmission (lung). **Vajrayogini Practice requires empowerment</p>					1 CENTER CLOSED NEW YEARS DAY	2 CENTER CLOSED
3 CENTER CLOSED	4 CENTER CLOSED	5 Center open 11-3 12:15 Meditation 1pm Ngondro Practice 6:30pm Discussion Group	6 6:30pm Meditation 7:00pm Vajrayogini Practice**	7 Center open 11-3 12:15 Meditation 1pm Ngondro Practice	8 6:30-8:30 pm "Introduction to Buddhism" with Venerable Traga Rinpoche	9 SACRED SITES OF THE DALAI LAMAS Guild Cinema 1:00pm
10 10am-noon & 2pm-4:30pm Teaching: "Foundation Practices" with Venerable Traga Rinpoche	11 CENTER CLOSED	12 Center open 11-3 12:15 Meditation 1pm Ngondro Practice 6:30pm Discussion Group	13 6:30pm Meditation	14 SOJONG 7:00am Sojong Vows with Rinpoche Center open 11-3 12:15 Meditation 1pm Ngondro Practice 6:30pm Achi Chokyi Drolma Practice	15 6:30-8:30 pm Teaching: "Foundation Practices" with Venerable Traga Rinpoche	16 10am-noon & 2pm-4:30pm Teaching : "Foundation Practices" with Venerable Traga Rinpoche
17 10am-noon & 2pm-4:30pm Teaching: "Foundation Practices" with Ven Traga Rinpoche	18 CENTER CLOSED	19 Center open 11-3 12:15 Meditation 1pm Ngondro Practice 6:30pm Discussion Group	20 6:30pm Meditation 7:00pm Lama Chopa Practice with tsok	21 Center open 11-3 12:15 Meditation 1pm Ngondro Practice	22 CENTER CLOSED	23 Center open 11-3 12:15 Meditation 1:00pm Medicine Buddha Practice
24 Center open 11-3 12:15 Meditation	25 CENTER CLOSED	26 Center open 11-3 12:15 Meditation 1pm Ngondro Practice 6:30pm Discussion Group	27 6:30pm Meditation 7:00pm White Tara Practice	28 Center open 11-3 12:15 Meditation 1pm Ngondro Practice	29 SOJONG 6:30-8:30 pm Teaching: "Foundation Practices" with Venerable Traga Rinpoche	30 Teachings: 10am-noon & 2-3pm 3:30pm Amitabha practice followed by *Phowa
31 10am-noon & 2pm-4:30pm Teaching: "Foundation Prac- tices" with Venerable Traga Rinpoche						