

# July '09

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).</p> <p>**Vajrayogini Practice requires empowerment</p>			<p>1 6:00pm Vajrayogini Practice**</p>	<p>2 <b>Center open 11-3</b>  12:15 Meditation 1pm Refuge Practice 6:30pm Lama Chopa Practice with tsok</p>	<p>3 6:30pm Meditation</p>	<p>4  <b>Center open 11-3</b>  12:15 Meditation</p>
<p>5 <b>Center open 11-3</b>  12:15 Meditation</p>	<p>6 Birthday of His Holiness the 14th Dalai Lama</p>	<p>7 (Sojong) <b>Center open 11-3</b>  12:15 Meditation 1pm Refuge Practice 6:30pm Discussion Group</p>	<p>8 6:30pm Meditation</p>	<p>9 <b>Center open 11-3</b>  12:15 Meditation 1pm Refuge Practice 6:30pm White Tara Empowerment</p>	<p>10  6:30pm-9pm White Tara Retreat Long Life Practice for Venerable Traga Rinpoche</p>	<p>11 <b>White Tara Retreat Long Life Practice for Venerable Traga Rinpoche</b> 9am-noon 2pm-5pm 7pm-9pm</p>
<p>12 <b>White Tara Retreat Long Life Practice for Venerable Traga Rinpoche</b> 9am-noon 2pm-5pm 7pm-8pm</p>	<p>13</p>	<p>14 <b>Center open 11-3</b> 12:15 Meditation 1pm Refuge Practice 6:30pm Discussion Group</p>	<p>15 6:30pm Amitabha Buddha Practice followed by *Phowa with Venerable Traga Rinpoche</p>	<p>16 <b>Center open 11-3</b> 12:15 Meditation 1pm Refuge Practice</p>	<p>17  6:30pm Meditation</p>	<p>18  <b>Center open 11-1</b> 12:15 Meditation 2:00pm MOVIE "Sacred Tibet" at the Guild Theatre with Introduction by Ven Traga Rinpoche</p>
<p>19 <b>Center open 11-3</b>  12:15 Meditation</p>	<p>20</p>	<p>21 SOJONG <b>Center open 11-3</b> 12:15 Meditation 1:00 Refuge Practice 6:30pm Discussion Group</p>	<p>22  6:30pm Achi Chokyi Drolma Protector Practice with Ven. Traga Rinpoche</p>	<p>23 <b>Center open 11-3</b> 12:15 Meditation 1pm Refuge Practice</p>	<p>24  6:30pm Meditation 7:15 Chenrezig Practice</p>	<p>25 <b>CHOKHOR DUCHEN</b> Lama Chopa Practice Sessions 9-10:30am 11:00am-12:30 2:00pm-3:30 4:00pm-5:30</p>
<p>26 <b>Center open 11-3</b>  12:15 Meditation</p>	<p>27</p>	<p>28 <b>Center open 11-3</b> 12:15 Meditation 1pm Refuge Practice 6:30pm Discussion Group</p>	<p>29 6:30pm Meditation</p>	<p>30 <b>Center open 11-3</b> 12:15 Meditation 1pm Refuge Practice</p>	<p>31 6:30pm Meditation</p>	