

TU VIỆN AN-LẠC-AN LAC MISSION- VENTURA BUDDHIST STUDY CENTER- SCHEDULE OF ACTIVITIES

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<h2 style="font-size: 2em;">MAR 2019</h2>		Though one should live a hundred years without comprehending how all things rise and pass away, yet better, indeed, is a single day's life of one who comprehends how all things rise and pass away. Gatha 113-Dhammapada		01 8:15AM-9:30AM YOGA (E) <i>SALLY McNALLY</i>	02 8:00AM-9:15AM YOGA 1 w/SALLY, 9:45AM-12PM ZAZEN <i>w/ Kevin,</i> 7pm-8pm - Nim Phat Chanting	03 9am- Retreat (V) 8:30AM-10:15AM Children's Dhamma Class 10amVietnameseService. 10:15AM-12:00PM Vietnamese Language Class
04 7PM -9PM - Devotions (P), Meditation, & Discussion	05 7:00AM-Meditation 7:30AMCHANTING OFGREAT COMPASSION DHARANI (V) 6:30pm-7:30pm Tai Chi practice & Meditation @TIBC 7PM-8PM-Advance Tai Chi By Judy Scott (805-650-4826)	06 7:00PM- 8:30PM CHANTING OF LOTUS SUTRA(V)	07 5:45PM-6:45PM Tai Chi(E) w/Mski (New students are requested to join after Summer vacation) 7PM- Meditation 7:45pm-Dhammapada (Buddhist Text) Discussion	08 8:15AM9:30AM YOGA (E) <i>SALLY McNALLY</i>	09 8:00AM-9:15AM YOGA 1w/ SALLY 7pm-8pm - Nim Phat Chanting	10 8:30AM-10:15AM Children's Dhamma Class 10amVietnameseService. 10:15AM-12:00PM Vietnamese Language Class
11 7PM -9PM - Devotions (P) , Meditation, & Discussion	12 7:00AM-Meditation 7:30AMCHANTING OFGREAT COMPASSION DHARANI (V) 6:30pm-7:30pm Tai Chi practice & Meditation @TIBC 7PM-8PM-Advance Tai Chi By Judy Scott (805-650-4826)	13 7:00PM-8:30PM CHANTING OF LOTUS SUTRA(V)	14 5:45PM-6:45PM Tai Chi w/Maki (New students are requested to join after Summer vacation) 7PM- Meditation 7:45pm-Dhammapada (Buddhist Text) Discussion	15 8:15AM-9:30AM YOGA (E) <i>SALLY McNALLY</i>	16 8:00AM-9:15AM YOGA Level 1 w/SALLY 10AM-12 NOON Buddhist Retreat (E) Yogic Buddhist Devotions & Meditation 7pm-8pm - Nim Phat Chanting	17 8:45am-4:30pm ATA SIL (8 precepts) Retreat For Sri Lankans @ TIBC. 8:30AM-10:15AM Children's Dhamma Class 10amVietnameseService. 10:15AM-12:00PM Vietnamese Language Class
18 7PM -9PM - Devotions (P) , Meditation, & Discussion	19 7:00AM-Meditation 7:30AMCHANTING OFGREAT COMPASSION DHARANI (V) 6:30pm-7:30pm Tai Chi practice & Meditation @TIBC 7PM-8PM-Advance Tai Chi By Judy Scott (805-650-4826)	20 7:00PM-8:30PM CHANTING OF LOTUS SUTRA(V)	21 5:45PM-6:45PM Tai Chi w/Maki (New students are requested to join after Summer vacation) 7PM- 9pm 108 Sun Salutations (Surya Namaskara) on the ' Summer Solstice'	22 8:15AM-9:30AM YOGA (E) <i>SALLY McNALLY</i>	23 6AM-BREAKFAST FOR HOMELESS (@ CC) 8:00AM-9:15AM YOGA Level 1w/ SALLY 7pm-8pm - Nim Phat Chanting	24 8:30AM-10:15AM Children's Dhamma Class 10amVietnameseService. 10:15AM-12:00PM Vietnamese Language Class
25 7PM -9PM - Devotions (P) , Meditation, & Discussion	26 7:00AM-Meditation 7:30AMCHANTING OFGREAT COMPASSION DHARANI (V) 6:30pm-7:30pm Tai Chi practice & Meditation @TIBC 7PM-8PM-Advance Tai Chi By Judy Scott (805-650-4826)	27 7:00PM-8:30PM CHANTING OF LOTUS SUTRA(V)	28 5:45PM-6:45PM Tai Chi w/Maki (New students are requested to join after Summer vacation) 7PM- Meditation 7:45pm-Dhammapada (Buddhist Text) Discussion	29 8:15AM-9:30AM YOGA (E) <i>SALLY McNALLY</i>	30 8:00AM-9:15AM YOGA Level 1w/ SALLY 7pm-8pm - Nim Phat Chanting	31 8:30AM-10:15AM Children's Dhamma Class 10amVietnameseService. 10:15AM-12:00PM Vietnamese Language Class