

## 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
<h1>NOV 2019</h1>		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		<b>01</b> 8:15AM-9:30AM <b>YOGA (E)</b> <i>SALLY McNALLY</i>	<b>02</b> 8:00AM-9:30AM <b>YOGA</b> 1 w/ <i>SALLY</i> , 9:45AM-12PM <b>ZAZEN</b> w/ <i>Kevin</i> , 7pm-8pm - Nim Phat Chanting	<b>03</b> 10:00am Vietnamese Service. 9:30AM -12:30PM Vietnamese Language Class
<b>04</b> 5:45PM-6:45PM Tai Chi(E) w/Maki 7pm- Devotions (P) 7:30pm-8:00pm Meditation 8PM-9PM Discussion(E)	<b>05</b> 7:00AM-Meditation 7:00AM CHANTING OF GREAT COMPASSION DHARANI (V) 6:30pm-7:30pm Tai Chi practice (Maki) & Meditation @TIBC 7PM-8PM-Advance Tai Chi By Judy Scott (805-650-4826)	<b>06</b> 7:00PM- 8:30PM CHANTING OF LOTUS SUTRA(V)	<b>07</b> 5:45PM-6:45PM Tai Chi(E) w/Maki 7PM- Meditation 7:45PM-9PM Dhammapada (Buddhist Text) Discussion	<b>08</b> 8:00AM-9:30AM <b>YOGA (E)</b> <i>SALLY McNALLY</i>	<b>09</b> 8:00AM-9:30AM YOGA L1w/ <i>SALLY</i> 7pm-8pm - Nim Phat Chanting	<b>10</b> 10AM SAM HOI 9:30AM -12:30PM Vietnamese Language Class
<b>11</b> 5:45PM-6:45PM Tai Chi(E) w/Maki 7pm- Devotions (P) 7:30pm-8:00pm Meditation 8PM-9PM Discussion(E)	<b>12</b> 7:00AM-Meditation 7:00AM CHANTING OF GREAT COMPASSION DHARANI (V) 6:30pm-7:30pm Tai Chi practice (Maki) & Meditation @TIBC 7PM-8PM-Advance Tai Chi By Judy Scott (805-650-4826)	<b>13</b> 7:00PM-8:30PM CHANTING OF LOTUS SUTRA(V)	<b>14</b> 5:45PM-6:45PM Tai Chi(E) w/Maki 7PM- Meditation 7:45PM-9PM Dhammapada (Buddhist Text) Discussion	<b>15</b> 8:00AM-9:30AM <b>YOGA (E)</b> <i>SALLY McNALLY</i>	<b>16</b> 8:00AM-9:30AM YOGA Level 1 w/ <i>SALLY</i> 10am - 11:30am <b>MORNING IN ZAZEN @ TIBC</b> <i>Dr. Tressa Butsu Shin</i> <i>Berman</i> 7pm-8pm - Nim Phat Chanting	<b>17</b> 10:00am Vietnamese Service. 9:30AM -12:30PM Vietnamese Language Class
<b>18</b> 5:45PM-6:45PM Tai Chi(E) w/Maki 7pm- Devotions (P) 7:30pm-8:00pm Meditation 8PM-9PM Discussion(E)	<b>19</b> 7:00AM-Meditation 7:00AM CHANTING OF GREAT COMPASSION DHARANI (V) 6:30pm-7:30pm Tai Chi practice (Maki) & Meditation @TIBC 7PM-8PM-Advance Tai Chi By Judy Scott (805-650-4826)	<b>20</b> 7:00PM-8:30PM CHANTING OF LOTUS SUTRA(V)	<b>21</b> 5:45PM-6:45PM Tai Chi(E) w/Maki 7PM- Meditation 7:45PM-9PM Dhammapada (Buddhist Text) Discussion	<b>22</b> 8:00AM-9:30AM <b>YOGA (E)</b> <i>SALLY McNALLY</i>	<b>23</b> 6AM-BREAKFAST <b>FOR HOMELESS (@ CC)</b> 8:00AM-9:30AM YOGA Level 1 w/ <i>SALLY</i> 7pm-8pm - Nim Phat Chanting	<b>24</b> 10AM SAM HOI 9:30AM -12:30PM Vietnamese Language Class
<b>25</b> 5:45PM-6:45PM Tai Chi(E) w/Maki 7pm- Devotions (P) 7:30pm-8:00pm Meditation 8PM-9PM Discussion(E)	<b>26</b> 7:00AM-Meditation 7:00AM CHANTING OF GREAT COMPASSION DHARANI (V) 6:30pm-7:30pm Tai Chi practice (Maki) & Meditation @TIBC 7PM-8PM-Advance Tai Chi By Judy Scott (805-650-4826)	<b>27</b> 7:00PM-8:30PM CHANTING OF LOTUS SUTRA(V)	<b>28</b> 5:45PM-6:45PM Tai Chi(E) w/Maki 7PM- Meditation 7:45PM-9PM Dhammapada (Buddhist Text) Discussion	<b>29</b> 8:00AM-9:30AM <b>YOGA (E)</b> <i>SALLY McNALLY</i>	<b>30</b> 8:00AM-9:30AM YOGA Level 1 w/ <i>SALLY</i> 7pm-8pm - Nim Phat Chanting	<h1>11/19</h1>