

MONTHLY PRACTICE SCHEDULE

WEEK	DAY/ TIME	PRACTICE	DETAILS
1st	MON: 5.30-7.00 pm (Pembroke)	<i>peaceful mind</i>	drop-in secular mindfulness group
	THR: 7.00-8.30 pm (Akashaloka)	<i>peaceful mind</i>	drop-in secular mindfulness group
	SAT: 8.00-9.45 am (Akashaloka)	One Step	beginner level; 1 round sitting + 60 minute silent walk; (Apr-Oct, 10.30-12.00 Garden practice)
2nd	MON: 5.30-7.00 pm (Pembroke)	<i>peaceful mind</i>	drop-in secular mindfulness group
	THR: 7.00-8.30 pm (Akashaloka)	<i>peaceful mind</i>	drop-in secular mindfulness group
	SAT: 8.00-9.15 am (Akashaloka)	Beginner's Mind	beginner level; 2 rounds sitting (Apr-Oct 10.30-12.00 Garden practice)
	Following SUN* : 8.00-10.00 (Pembroke)	Beginner's Mind	beginner level; 2 rounds sitting + Q/A
3rd	MON: 5.30-7.00 pm (Pembroke)	<i>peaceful mind</i>	drop-in secular mindfulness group
	THR: 7.00-8.30 pm (Akashaloka)	<i>peaceful mind</i>	drop-in secular mindfulness group
	SAT: 8.00-10.00 (Akashaloka)	MahaSangha Saturday	Intermediate Level: 3 rounds, chanting Dharma talk, Hungry Planet Offering, oryoki (meal practice); followed by Breakfast Buffet 10.00-12.00; (Apr-Oct; 12.30-2.00 Garden practice)
4th	MON: 5.30-7.00 pm (Pembroke)	<i>peaceful mind</i>	drop-in secular mindfulness group
	THR: 7.00-8.30 pm (Akashaloka)	<i>peaceful mind</i>	drop-in secular mindfulness group
	SAT: 8.00-9.30 am (Akashaloka)	Dharma Study	beginner level; 2 rounds sitting; study and discussion (30 min.);(Apr-Oct; 10.30-12.00 Garden practice)
	Following SUN* : 8.00-10.00 (Pembroke)	Beginner's Mind	beginner level; 2 rounds sitting + Q/A
5th	MON: 5.30-7.00 pm (Pembroke)	<i>peaceful mind</i>	drop-in secular mindfulness group
	THR: 7.00-8.30 pm (Akashaloka)	<i>peaceful mind</i>	drop-in secular mindfulness group
	SAT: 8.00-9.15 am (Akashaloka)	Beginner's Mind	beginner level; 2 rounds sitting; (Apr-Oct; 10.30-12.00 Garden practice)

* Sunday in Pembroke begins March 15 and is held on the Sunday FOLLOWING the 2nd and 4th Saturdays; Pembroke peaceful m ind begins Feb. 9