

## Vajrasattva Retreat 24 - 30/ 4 / 2014

A precious opportunity to purify our "SELF" so that we can experience a completely pure world and become a pure holy being - just like Vajrasattva.

<b>Timetable</b>	<b>Apr 24, 25, 28 &amp; 29</b>	<b>Apr 27</b>	<b>Apr 26 &amp; 30</b>
<b>Session 1</b>	7:00am - 8:30am	7:00am - 8:30am	7:00am - 8:30am
<b>Session 2</b>	10:30am - 12:00pm	----	10:30am - 12:00pm
<b>Session 3</b>	4:00pm - 5:30pm	4:00pm - 5:30pm	4:00pm - 5:00pm
<b>Session 4</b>	7:30pm - 9:00pm	7:30pm - 9:00pm	7:30pm - 9:00pm

**25 / 4 7:30 -- 9:30pm Offering to Spiritual Guide Puja**

**26 / 4 5:30 -- 6:45pm Wishfulfilling Jewel with Tsog**

**28 / 4 7:30 -- 9:00pm Commentary to the Nyungne Purifying Ritual Practice**

**30 / 4 6:00 -- 9:30pm Melodious Drum Puja**

The prayers will be in English and you are welcome to join us for all or any of the sessions.

### **Commentary**

Dianna Lau will give a commentary to this practice on **April 7<sup>th</sup> (Monday) 7:30-9pm** .

Commentary will be conducted in Cantonese with English translation. If you require English translation, please let the Centre

know through the enquiry contacts provided below.

All are welcome and no bookings.

Venue : Kadampa Meditation Centre Hong Kong ~ 1/F, Causeway Tower,16-22 Causeway Road, Causeway Bay

**Enquiry : 2507-2237 / info@meditation.hk**

**禪修課程 2014 年 4 月 24 日 30 日**

禪修課程將於2014年4月24日至30日，在九龍彌敦道16-22號，康翠苑一樓，迦藍禪修中心舉行。

日期	<b>4 月 24, 25, 28 日 29 日</b>	<b>4 月 27 日</b>	<b>4 月 26 日 30 日</b>
時間	7:00am - 8:30am	7:00am - 8:30am	7:00am - 8:30am
時間	10:30am - 12:00pm	----	10:30am - 12:00pm
時間	4:00pm - 5:30pm	4:00pm - 5:30pm	4:00pm - 5:00pm
時間	7:30pm - 9:00pm	7:30pm - 9:00pm	7:30pm - 9:00pm

**25/4 7:30 -- 9:30pm** 禪修課程

**26/4 5:30 -- 6:45pm** 禪修課程

**28/4 7:30 -- 9:30pm** 禪修課程

**30/4 6:00 -- 9:30pm** 禪修課程

禪修課程將於2014年4月24日至30日

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□□ : **2507 2237 / info@meditation.hk**