

April (4月) 2024

MON (一)	TUE (二)	WED (三)	THU (四)	FRI (五)	SAT (六)	SUN (日)
1 中心休假	2 WJ EGP	3 WJ CGP	4 中心休假	5 WJ PW	6 NKT Day 24-hr Tara puja WJ+T (E)	7 24小時度母讚
8 DY WJ	9 WJ CGP EGP	10 WJ OSG	11 DY WJ NPRP Com	12 WJ VS	13 QP EFP WJ+T (C)	14 HJ* NPRP
15 NPRP HJ* OSG*	16 WJ	17 WJ CGP	18 DY WJ TTP CFP	19 WJ MB	20 QP EFP WJ+T (E) CFP	21 HDMW - C DFC (C)
22 DY WJ TTP	23 WJ CGP EGP	24 WJ CGP	25 WJ OSG*	26 SMR (offsite)	27 SMR (offsite)	28 SMR (offsite)
29 SMR (offsite)	30 MD					

Regular Classes 定期課程

- TTP** 導師訓練課程 (晚上) [7:30-9:30pm]
CFP 中文基礎課程 [四/六 7:30-9:30pm]
EFP Eng. Foundation Program [Sat 1:00-5:00pm]
CGP 中文普及課程 [三 7:30-9:00pm]
EGP Eng. General Program [Tue 7:30- 9:00pm]
CGP 中文普及課程 [二 11:00am-12:15pm]
MD 《護法大齋供》 Melodious Drum [6:00- 9:15pm]

- DY** 《空行母瑜伽》 Dakini Yoga [2:00 -3:00pm]
QP 《大樂速道》 Quick Path to Great Bliss [10:00am-12:00pm]

只適合已接受無上瑜伽密法灌頂之人仕

For those who have received HYT empowerments only

Special Events 特別活動

- NKT Day** 新噶當巴傳承日 New Kadampa Tradition Day
24hr Tara puja 24小時度母讚 24-hr Tara puja [第一節 1st Session at 12:00pm on 6/4 & 最後一節 last session at 8:00am on 7/4]
NPRP Com 千手觀音八關齋戒淨化練習釋義 -見道法師主講 Commentary to Nyungnay Purifying Ritual Practice with Gen Kelsang Tonglam [7:30- 9:00pm]
NPRP 千手觀音八關齋戒淨化練習 Nyungnay Purifying Ritual Practice [6:30-8:30am; 10:30am-12:00pm & 2:00-3:30pm]
HDMW- C 半天禪修工作坊 - 「零壓力指數」-文頌詩老師主講 [10:00am -12:30pm]
DFC (C) 兒童佛法班 (中文) _善淨法師 Dharma for Children (Chinese) with Kelsang Dachog [2:30pm- 5:30pm]
SMR 「無常與空性的共舞」止語禪修閉關-見道法師主持-於元朗嘉道理中心 [26-29/4]
 Silent Meditation Retreat on " The Dance of Impermanence and Emptiness" with Gen Tonglam at Kadoorie Centre, Yuen Long [26-29/4]

Regular Pujas 定期共修

- WJ** 《如意寶》共修 Wishfulfilling Jewel [5:30-6:40pm]
HJ* 《心寶》共修 Heart Jewel [9:00-9:45am]
WJ+T 《如意寶》齋供 Wishfulfilling Jewel+ Tsog [5:30-6:40pm]
OSG 《上師供養》齋供 Offering to the Spiritual Guide [7:30 -9:15pm]
PW 《遷識法》共修 Powa Ceremony [8:00-9:00pm]
MB 《藥師佛》共修 Medicine Buddha Puja [8:00-9:00pm]
VS 《獨尊金剛薩禪修與持誦》共修 Meditation and Recitation of Solitary Vajrasattva [8:00-9:00pm]
OSG* 《上師供養》齋供 Offering to the Spiritual Guide [2:00 - 3:45pm]
OSG* 《上師供養》齋供 Offerings to the Spiritual Guide [4:00- 5:45pm]
 佛陀成道日 Buddha's Enlightenment Day Celebration

Last update : 25/3/2024