

March (3月) 2025

MON (一)	TUE (二)	WED (三)	THU (四)	FRI (五)	SAT (六)	SUN (日)
					1 EFP WJ CFP	2 ODSR (E)
3 DY TTP WJ	4 WJ EGP	5 WJ CGP	6 DY TTP WJ	7 WJ GT	8 EFP WJ+T (E) CFP	9 DFK RW
10 DY OSG WJ	11 WJ EGP	12 WJ CGP	13 DY WJ	14 EADC WJ*	15 EADC WJ+T *	16 EADC WJ+T *
17 EADC	18 WJ	19 WJ	20 DY WJ	21 SMR (offsite)	22 SMR (offsite)	23 SMR (offsite)
24 SMR (offsite)	25 OSG* WJ EGP	26 WJ CGP	27 DY WJ VY Com	28 MD	29 EFP WJ CFP	30
31 DY TTP WJ						

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]
MD	《護法大蓄供》 Melodious Drum [6:00- 9:15pm]

Regular Pujas 定期共修

WJ	《如意寶》共修 Wishfulfilling Jewel [5:30-6:40pm]
WJ*	《如意寶》共修 Wishfulfilling Jewel [11:00am-12:15pm]
WJ+T	《如意寶》蓄供 Wishfulfilling Jewel+ Tsog [5:30-6:40pm]
WJ+T*	《如意寶》蓄供 Wishfulfilling Jewel+ Tsog [5:30-6:30pm]
OSG	《上師供養》蓄供 Offering to the Spiritual Guide [7:30 -9:15pm]
OSG*	《上師供養》蓄供 Offering to the Spiritual Guide [2:00 -3:45pm]
GT	《綠度母》共修 Green Tara Puja [8:00-9:00pm]

Last update : 30/1/2025

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

ODSR (E)	一天止語閉關 (英語) - 見道法師主持 One Day Silent Retreat on "Limitless Mind": Clarity of the Mind with Gen Kelsang Tonglam (English) [11:30am - 5:30pm]
DFK	兒童佛法班_善淨法師主持 Dharma for Kids with Kelsang Dachog [11:00am -12:30pm]
RW	佛教持咒及製作念珠工作坊-噶當巴老師 Dianna及 Catherine Lau主持 [2:00pm - 4:30pm]
EADC	Buddhist Mantra and Mala Making Workshop with Kadampa Teacher Dianna & Catherine Lau [2:00pm - 4:30pm]
EADC	東亞佛法慶典-「尋找內在力量」金剛手佛加持灌頂及守護自心的教學 -- 見道法師主持 [14-17/3]
EADC	East Asian Dharma Celebration - Finding Inner Strength- Blessing Empowerment of Buddha Vajrapani and Teachings on Guarding Our Mind with Gen Kelsang Tonglam
SMR (offsite)	「覺照」止語禪修閉關 - 見道法師主持 - 於元朗嘉道里中心- "Mindfulness" Silent Meditation Retreat with Gen Kelsang Tonglam at Kadoorie Centre Yuen Long [21-24/3]
VY Com	金剛瑜伽母《大樂速道》修持釋義 - 見道法師主持 Commentary to Vajrayogini practice- "Quick Path to Great Bliss" with Gen Kelsang Tonglam [7:30pm- 9:15pm]
[只適合已接受無上瑜伽密法灌頂之人仕 For those who have received Highest Yoga Tantra empowerments only]	