

September (9月) 2025

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

Regular Classes 定期課程

TTP 導師訓練課程 [一/四 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]

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

Regular Pujas 定期共修

WJ 《如意寶》共修 Wishfulfilling Jewel [5:30-6:40pm]
WJ+T 《如意寶》薈供 Wishfulfilling Jewel+ Tsog [5:30-6:40pm]
OSG 《上師供養》薈供 Offering to the Spiritual Guide [7:30 -9:15pm]
OSG* 《上師供養》薈供 Offering to the Spiritual Guide [7:30 -9:15pm]
 Buddha's Return from Heaven Day Celebration 佛陀天降日慶典
GT 《綠度母》共修 Green Tara Puja [8:00-9:00pm]
PW 《遷識法》共修 Powa Ceremony [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]

Last update : 10/08/2025

Special Events 特別活動

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]

CE 社群活動 - 「動感休息日」一齊打保齡-中心以外舉行 Community event: Relaxation in Action - Bowling Together- Offsite

LMR 喜悅之旅 -菩提道次第禪修閉關 (中文) - 見道法師主持 - 於嘉道理中心 12-18/9

VSI 《金剛瑜伽母》自灌頂共修 Vajrayogini Self-initiation Puja [2:00pm- 6:30pm] [只適合已完成持咒閉關的人士 For those who have completed Counting Retreat only]

DFK 兒童佛法班_謝彩芬老師主持(中文)[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]

Buddhist Mantra and Mala Making Workshop with Kadampa Teacher Dianna & Catherine Lau [2:00pm - 4:30pm]