

September (9月) 2026

MON (一)		TUE (二)		WED (三)		THU (四)		FRI (五)		SAT (六)		SUN (日)	
		1WJ		2WJ		3DYWJ		4WJ		5QP		6	
		(E)MW teaching 2		(C)MW teaching 2		VY Com		GT		EFP MFP		DMW (C)	
										WJ+T (E)			
7DYWJ	8WJ		9WJ		10WJ		11WJ		12QP		13		
					OSG*								
		(E)MW teaching 3		(C)MW teaching 3		VY Com		PW		EFP MFP		HDLTM (E)	
										WJ+T (C)		DFK	
14DYWJ	15MPWJ		16WJ		17WJ*		18		19		20		
							MW-SMR (offsite)		MW-SMR (offsite)		MW-SMR (offsite)		
		(E)MW teaching 4		(C)MW teaching 4									
21	22WJ		23WJ		24DYWJ		25WJ*		26		27		
			SJ										
					VY Com		OSG**		中心休假		PFWP		
28DYWJ	29		30WJ										

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]
MFP 普通話-中文基礎課程 [六 1:30- 5:00pm]
MD 《護法大薈供》Melodious Drum [6:00- 9:30pm]
MP 大乘八關齋戒 Mahayana Precepts [6:30-7:00am]

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* 《如意寶》共修 Wishfulfilling Jewel [11:00am-12:10pm]
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 [2:00 -3:45pm]
OSG** 《上師供養》薈供 Offering to the Spiritual Guide [3:00 -4:45pm]
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]
SJ Sojong Ceremony [7:30-9:00pm] [只限出家僧侶 For Ordained Sanghas only]

Last update : 10/08/2025

Special Events 特別活動

(E)MW Teaching "The Middle Way of Modern Kadampas" Teaching and Silent Meditation Retreat with Gen Kelsang Tonglam - part 1 Teaching on 1/9, 8/9 & 15/9 [7:30-9:15pm]

(C)MW Teaching 「現代噶當巴的中觀之道」- 教學與止語禪修閉關 - 見道法師主持 - 第一部份教學 2/9, 9/9, & 16/9 [7:30-9:15pm]

VY Com 金剛瑜伽母練習釋義特別課程 - 見道法師主持 Special Course on the Commentary of Vajrayogini Practice with Gen Kelsang Tonglam [7:30pm- 9:30pm]

[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]

DMW 「輕鬆慢活安然睡」- 一天禪修工作坊 (中文) - 見道法師主持 [10:00am - 5:00pm]

HDLTM (E) Half Day Learn to Meditate with Kelsang Dachog [10am -12:30pm]

DFK 兒童佛法班_謝彩芬老師主持 - 中文 [3:00pm -4:30pm]

MW-SMR 「現代噶當巴的中觀之道」止語禪修閉關 - 見道法師主持 - 於上水賽馬會碧溪莊 [18-21/9]

The Middle Way of Modern Kadampas - Silent Meditation Retreat with Gen Kelsang Tonglam - at Jockey Club Beas River Lodge, Sheung Shui [18-21/9]

PFWP 「為世界和平祈願」共修 (中文) - 中心老師主持 [11:00am-12:00pm]