

November (11月) 2026

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

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]

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

PFWP* 「為世界和平祈願」共修 (中文) - 中心老師主持 [12:00pm - 1:00pm]
GYMO 上師瑜伽與曼達拉供養閉關[10月30-31 及 11月1-2日星期五至星期一] Guru Yoga and Mandala Offering Retreat [Friday to Monday 30-31/10 & 1-2/11]
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]**
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]
EW (GT) 綠度母佛加持灌頂及度母修持之教學-「活在信心中」- 見道法師主持 [14-15/11]
DMW (M) Blessing Empowerment of Buddha Green Tara and Teachings on Tara Practice- "Faith in Action" with Gen Kelsang Tonglam - [14-15/11]
Com MR 一天禪修工作坊 (普通話)-- 打開福德的寶藏- 噶當巴老師劉鳳群主持 [10:00am - 4:00pm]
 Commentary to Migtsema Retreat according to Highest Yoga Tantra with Gen Kelsang Tonglam [7:30pm - 9:00pm]
 「依據無上瑜伽密法《緣悲頌》閉關」釋義 - 見道法師主持 [7:30pm - 9:00pm]

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 [5:40-6:35pm]
WJ** 《如意寶》共修 Wishfulfilling Jewel [11:00am - 12:10pm]
WJ+T 《如意寶》蓄供 Wishfulfilling Jewel+ Tsog [5:30-6:40pm]
OSG* 《上師供養》蓄供 Offering to the Spiritual Guide [2:00pm - 3:45pm]
OSG 《上師供養》蓄供 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]
GT 《綠度母》共修 Green Tara Puja [8:00-9:00pm]
MD 《護法大蓄供》Melodious Drum [3:00- 6:30pm]

Last update : 19/10/2026