



SAKYA TENPHEL LING PRESENTS

All are welcome to participate in the following regular programmes held at Sakya Tenphel Ling Centre:

Every Tuesday

8.00 pm – 9.15 pm Chenrezig Guided Meditation Class (Chinese)

Every Thursday

8.00 pm – 9.15 pm Chenrezig Guided Meditation Class (English)

Every Sunday

9.30 am – 11.10 am Tara Puja (English)

11.30 am – 12.00 pm Dharma Discussion with one of our resident lamas (English)

12.30 pm – 1.00 pm Heart Sutra and Samantabhadra Prayer Recitation (Chinese)

Every 1st Sunday of the Month

1.15 pm – 2.30 pm Medicine Buddha Puja (English) with Release of Lives

Sunday (Ngon Dro)

Please note that Ngon Dro is a **RESTRICTED** regular programme. Only those who have received the 2-day Hevajra Cause Empowerment can participate.

7.30 am – 8.30 am Prostrations and Taking Refuge

8.30 am – 9.10 am

✿ Vajrasattva Meditation

✿ Mandala Offering

✿ Guru Yoga

} *See Note-1*



Note-1

These 3 programs will be rotated on a monthly basis, example:

January – Vajrasattva Meditation

February – Mandala Offering

March – Guru Yoga

April – Vajrasattva Meditation

May – Mandala Offering

June – Guru Yoga, and so forth

Last Sunday of March

Our Society's Annual General Meeting (AGM) for Ordinary and Life Members

