

October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 IAIDO – 8:30 AM *THE BASICS: RIGHT ATTITUDE 10:00 AM
3 MEDITATION & DHARMA TALK 9:30 AM	4 JUST SITTING 7:00 PM	5 YOGA 7:00 PM	6 STUDY GROUP 7:00 PM	7 JUST SITTING 7:30 PM	8	9 IAIDO – 8:30 AM *THE BASICS: RIGHT UNDER- STANDING 10:00 AM
10 MEDITATION & DHARMA TALK 9:30 AM	11 JUST SITTING 7:00 PM	12 YOGA 7:00 PM	13 STUDY GROUP 7:00 PM	14 JUST SITTING 7:30 PM	15	16 IAIDO – 8:30 AM ZAZENKAI 10:00 AM
17 MEDITATION & DHARMA TALK 9:30 AM	18 JUST SITTING 7:00 PM	19 YOGA 7:00 PM	20 STUDY GROUP 7:00 PM	21 JUST SITTING 7:30 PM	22	23 IAIDO CANCELLED *TRANSFORMING YOUR LIFE BY LIVING IN THE NOW 10:00 AM
24 MEDITATION & DHARMA TALK 9:30 AM	25 JUST SITTING 7:00 PM	26 YOGA 7:00 PM	27 STUDY GROUP 7:00 PM	28 JUST SITTING 7:30 PM	29	30 IAIDO CANCELLED 9:00 AM
31 MEDITATION & DHARMA TALK 9:30 AM						2010

*Pre-registration
required
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