



Sakya Buddhist Centre London
2009/2010 Puja & Course Programme

Regular Programme

- Every Sunday 10.30am (except 2nd Sunday each month) – Chenrezig/Mahamudra sadhana *
- 2nd Sunday every month 10.30am – Green Tara, Jamyang Khyentse Wangpo sadhana *
- Exceptions to the regular programme are highlighted below

Special Days

May	Mon	4	7.00pm	Guru Rinpoche Tsok Puja **
June	Tue	2	8.00pm	Guru Rinpoche Tsok Puja **
	Sun	7	10.30am	Saga Dawa Duchen: 16 Arhats Puja
July	Thu	2	8.00pm	Guru Rinpoche Tsok Puja **
	Sun	26	10.30am	Chokhor Duchen: 16 Arhats Puja
	Fri	31	7.00pm	Guru Rinpoche Tsok Puja **
August	Sun	30	7.00pm	Guru Rinpoche Tsok Puja **
September	Mon	28	8.00pm	Guru Rinpoche Tsok Puja **
October	Wed	28	8.00pm	Guru Rinpoche Tsok Puja **
November	Mon	9	8.00pm	Lha Bab Duchen: 16 Arhats Puja
	Fri	27	7.00pm	Guru Rinpoche Tsok Puja **
December	Sat	26	7.00pm	Guru Rinpoche Tsok Puja **
January	Mon	25	8.00pm	Guru Rinpoche Tsok Puja**

Accessibility

Open to everyone unless otherwise stated

* Open to everyone who has taken Refuge

** Open to everyone who has received an anutaratantra initiation and the textual transmission (Tib. Lung)

