

Palyul UK Calendar 2019-2020
Including Guru Rinpoche, Dakini and Ngondro Days
plus Meditation and Tibetan Classes
(dates depending on visiting teachers)

Drop-In Meditation 7pm-8pm £5
Tibetan Classes 7pm-8pm £5
Ngondro days 1pm-5pm Suggested donation £10
Dakini and Guru Rinpoche days Any donation for the Tsog offering is welcome

2019

Sunday	8	September	Guru Rinpoche Day	3pm-5pm
Wednesday 11 – 17 September Khenchen Rinpoche teachings				
Monday	23	September	Drop-in Meditation	7pm-8pm
Tuesday	24	September	Dakini Day	7pm-9pm
Thursday	26	September	Tibetan class	7pm-8pm
Sunday	29	September	Ngondro Day	1pm-5pm
Monday	30	September	Drop-in Meditation	7pm-8pm
Thursday	3	October	Tibetan class	7pm-8pm
Monday	7	October	Drop-in Meditation	7pm-8pm
Tuesday	8	October	Guru Rinpoche Day	7pm-9pm
Thursday	10	October	Tibetan Class	7pm-8pm
Monday	14	October	Drop-in Meditation	7pm-8pm
Thursday	17	October	Tibetan class	7pm-8pm
Wednesday	23	October	Dakini Day	7pm-9pm
Sunday	27	October	Ngondro Day	1pm-5pm
Monday	28	October	Drop-in Meditation	7pm -8pm
Thursday	31	October	Tibetan class	7pm-8pm
Monday	4	November	Drop-in Meditation	7pm-8pm
Thursday	7	November	Guru Rinpoche Day	7pm-9pm
Monday	11	November	Drop-in Meditation	7pm-8pm
Thursday	14	November	Tibetan Class	7pm-8pm
Monday	18	November	Drop-in Meditation	7pm-8pm
Thursday	21	November	Tibetan Class	7pm-8pm
Friday	22	November	Dakini Day	7pm-9pm
Sunday	24	November	Ngondro Day	1pm-5pm
Monday	25	November	Drop-in Meditation	7pm-8pm
Thursday	28	November	Tibetan Class	7pm-8pm
Monday	2	December	Drop-in Meditation	7pm-8pm
Thursday	5	December	Tibetan Class	7pm-8pm
Friday	6	December	Guru Rinpoche Day	7pm-9pm
Monday	9	December	Drop-in Meditation	7pm-8pm
Thursday	12	December	Tibetan Class	7pm-8pm
Monday	16	December	Drop-in Meditation	7pm-8pm
Thursday	19	December	Tibetan Class	7pm-8pm
Saturday	21	December	Ngondro + Dakini Day	1pm-5pm

2020

Sunday 5	January	Guru Rinpoche Day	3pm-5pm
Monday 6	January	Drop-in Meditation	7pm-8pm
Thursday 9	January	Tibetan Class	7pm-8pm
Monday 13	January	Drop-in Meditation	7pm-8pm
Thursday 16	January	Tibetan Class	7pm-8pm
Sunday 19	January	Ngondro + Dakini Day	1pm-5pm
Monday 20	January	Drop-in Meditation	7pm-8pm
Thursday 23	January	Tibetan Class	7pm-8pm
Monday 27	January	Drop-in Meditation	7pm-8pm
Thursday 30	January	Tibetan Class	7pm-8pm

Monday 3	February	Drop-in Meditation	7pm-8pm
Tuesday 4	February	Guru Rinpoche Day	7pm-9pm
Thursday 6	February	Tibetan Class	7pm-8pm
Monday 10	February	Drop-in Meditation	7pm-8pm
Thursday 13	February	Tibetan Class	7pm-8pm
Tuesday 18	February	Dakini Day	7pm-9pm
Sunday 23	February	Ngondro Day	1pm-5pm
Monday 24	February	Drop-in Meditation	7pm-8pm
Thursday 27	February	Tibetan Class	7pm-8pm

Monday 2	March	Drop-in Meditation	7pm-8pm
Wednesday 4	March	Guru Rinpoche Day	7pm-9pm
Thursday 5	March	Tibetan Class	7pm-8pm
Monday 9	March	Drop-in Meditation	7pm-8pm
Thursday 12	March	Tibetan Class	7pm-8pm
Monday 16	March	Drop-in Meditation	7pm-8pm
Wednesday 18	March	Dakini Day	7pm-9pm
Thursday 19	March	Tibetan Class	7pm-8pm
Sunday 22	March	Ngondro Day	1pm-5pm
Monday 23	March	Drop-in Meditation	7pm-8pm
Thursday 26	March	Tibetan Class	7pm-8pm
Monday 30	March	Drop-in Meditation	7pm-8pm

Thursday 2	April	Tibetan Class	7pm-8pm
Friday 3	April	Guru Rinpoche Day	7pm-9pm
Friday 17	April	Dakini Day	7pm-9pm
Monday 20	April	Drop-in Meditation	7pm-8pm
Thursday 23	April	Tibetan Class	7pm-8pm
Sunday 26	April	Ngondro Day	1pm-5pm
Monday 27	April	Drop-in Meditation	7pm-8pm
Thursday 30	April	Tibetan Class	7pm-8pm

Sunday 3	May	Guru Rinpoche Day	3pm-5pm
Monday 4	May	Drop-in Meditation	7pm-8pm
Thursday 7	May	Tibetan Class	7pm-8pm
Monday 11	May	Drop-in Meditation	7pm-8pm
Thursday 14	May	Tibetan Class	7pm-8pm
Sunday 17	May	Ngondro + Dakini Day	1pm-5pm
Monday 18	May	Drop-in Meditation	7pm-8pm
Thursday 21	May	Tibetan Class	7pm-8pm

Monday 1	June	Guru Rinpoche Day	7pm-9pm
Thursday 4	June	Tibetan Class	7pm-8pm
Monday 8	June	Drop-in Meditation	7pm-8pm
Thursday 11	June	Tibetan Class	7pm-8pm
Monday 15	June	Dakini Day	7pm-9pm
Thursday 18	June	Tibetan Class	7pm-8pm
Sunday 21	June	Ngondro Day	1pm-5pm
Monday 22	June	Drop-in Meditation	7pm-8pm
Thursday 25	June	Tibetan Class	7pm-8pm
Monday 29	June	Drop-in Meditation	7pm-8pm
Tuesday 30	June	Guru Rinpoche Day	7pm-9pm

Thursday 2	July	Tibetan Class	7pm-8pm
Monday 6	July	Drop-in Meditation	7pm-8pm
Thursday 9	July	Tibetan Class	7pm-8pm
Monday 13	July	Drop-in Meditation	7pm-8pm
Wednesday 15	July	Dakini Day	7pm-9pm
Thursday 16	July	Tibetan Class	7pm-8pm
Sunday 26	July	Ngondro Day	1pm-5pm
Wednesday 29	July	Guru Rinpoche Day	7pm-9pm

Friday 14	August	Dakini Day	7pm-9pm
Friday 28	August	Guru Rinpoche Day	7pm-9pm

Saturday 11	September	Dakini Day	3pm-5pm
Friday 26	September	Guru Rinpoche Day	7pm-9pm