



February 2010 Schedule *2/1/10 to 2/20/10*

Monday 2/1 at 7pm – Shamatha Practice in **St. Petersburg**

Wednesday 2/3 at 7pm – Sadhana Practice in **St. Petersburg**

Friday 2/5 at 7:30pm – Vajrayana Course with Richard in **Hudson at Testa's House**

Saturday 2/6 at 10am – Ngondro Practice in **St. Petersburg**

Sunday 2/7 at 10:30am – Chenrezig Practice with Lama Gyaltzen in **Hudson at Testa's House**

Monday 2/8 at 7pm – Meditation Practice in **St. Petersburg**

Wednesday 2/10 at 7pm – Sadhana Practice in **St. Petersburg**

Saturday 2/13 at 10:30am – Meditation with Richard in **Hudson at the Hudson Library**

Saturday 2/13 at 10am – Ngondro Practice in **St. Petersburg**

Sunday 2/14 at 10:30 am – **Losar Smoke Offering with Lama Gyaltzen** in **Hudson a Testa's House**

Monday 2/15 at 7pm – Shamatha Practice in **St. Petersburg**

Wednesday 2/17 at 7pm – Sadhana Practice in **St. Petersburg**

Friday 2/19 at 7:30pm – Vajrayana Course with Richard in **Hudson at Testa's House**

Saturday 2/20 at 10am – Ngondro Practice in **St. Petersburg**