



Nalanda Institute

June 2008

(Earth Rat Year 2135)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 ☸	4	5 7p: Regular practice (Bob S.)	6	7
8	9	10	11	12 7p: Regular practice (Geshe)	13	14 TESC Super Saturday
15	16 7p: TNI Board mtg @ Jan V	17	18 ☸	19 7p: Regular practice with full moon special (Geshe)	20 TNI Meditation Retreat @ Bodhi House 2p- 8:30p	21 TNI Retreat 8:30a-8:30p 11A: Refuge
22 TNI Meditation Retreat (8a-12n)	23	24	25	26 7p: Chenrezig practice (Larry C)	27	28
29	30					

☸ New Moon Day (first day of Tibetan lunar month)

☸ Full Moon Day

Thursday evening practices all at Lien Hoa Temple, 12th and Wilson St. NE (north of Ralphs Thriftway market). Enter from back parking lot. Come a few minutes early for instructions if you are new.

Coming Up: June 20-22, 2008 (Fri-Sun) Nalanda Annual Meditation Retreat at Bodhi House
4846 Johnson Point Rd NE (just past Hawks Prairie Rd) \$75

www.bodhihouse.org Friday talks of interest, by Geshe Jamyang:

3:30-5:30 pm: The Three Yanas (Hinayana, Mahayana, Vajrayana)

7-8:30 pm: The Practice Traditions of the Four Schools of Tibetan Buddhism

July 6: HH Dalai Lama Birthday

August 8: Summer Olympics open in Beijing