

<b>JANUARY</b>	Sun 11	New Year Volunteering Session (2-4pm)
	Sat 17	half-day course - A Beginner's Guide to Meditation: Introduce Meditation into Your Life
	Sat 24	half-day course: Keeping a Happy Heart: how to stop feeling fed up
<b>FEBRUARY</b>	Sun 8	Amitayus day retreat
	Sat 14	Meditation & Meal event
	Sat 21	Half-day course: The Power of Prayer - How to Use Buddhist Prayers for Contemplation, Peace & Protection
	27 Feb - 1 Mar	Genla Dekyong course @ Manjushri KMC (Manjushri Empowerment)
<b>MARCH</b>	Sun 8	Refuge day retreat
	Sun15	Group Volunteering Session
	Sat 21	Buddhism for Modern People: The Path to a Peaceful Lifestyle. Buddha Shakyamuni Empowerment and commentary to Liberating Prayer.
	Sat 28	Torma making - morning workshop
<b>APRIL</b>	14 & 15	Nyungnay Purifying Ritual Practice - celebrating Buddha's enlightenment day
	Sat 17	half day course: How to deal with loss and change
	24-26	Countryside Weekend Retreat at Madhyamaka KMC - beginners
<b>MAY</b>	Sat 9	half day course: Letting Go of Overthinking
	15-17	Spring Festival Setup weekend - group volunteering @ Manjushri KMC
	22-27	Spring Festival @ Manjushri KMC (Amitayus Empowerment)
<b>JUNE</b>	Thu 4	Offering Our Faith retreat - celebrating Venerable Geshe Kelsang Gyatso's birthday
	Sat 6	half day course: Understand the Truth of Reality
	Sun 14	Group Volunteering Session
	Tues 16th	Dealing with Anxiety: how to calm your mind at Hullabaloo Theatre with Gen Kelsang Jigme
<b>JULY</b>	3-5	Summer Festival Setup weekend - Group volunteering @ Manjushri KMC
	Sat 11	half-day course: How to Feel More Joy in Your Life
	24 - 8 Aug	Summer Festival @ Manjushri KMC (week one: Lamrim   Week two: Highest Yoga Tantra Empowerments of Heruka & Vajrayogini)