

February 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Daoist Energetics & Seasonal Dietetics 10:00am-2:00pm	4 Spring Begins 立春 Kundao 10:00-11:30am Yangsheng & Daoyin 6:30-8:00pm	5 Meditation 6:30-7:30pm	6 Kundao 10:00-11:30am	7 • New Moon 朔 Chinese New Year Celestial Worthy of Original Beginning 元始天尊	8	9
10 Chinese New Year Celebration Open House 11:00am-2:00pm	11 Kundao 10:00-11:30am Yangsheng & Daoyin 6:30-8:00pm	12 Introduction to Quiet Sitting 6:30-7:30pm	13 Kundao 10:00-11:30am	14 Yangsheng 6:30-8:00pm	15 Jade Emperor 玉皇大帝	16
17 Lundao Talk 10am-12pm	18 Kundao 10:00-11:30am Yangsheng & Daoyin 6:30-8:00pm	19 Rain Water 雨水 Meditation 6:30-7:30pm	20 Kundao 10:00-11:30am	21 • Full Moon 望 Celestial Official of Upper Prime 上元天官 Yangsheng 6:30-8:00pm	22	23
24 Scripture Study <i>Daode jing</i> 10am-12pm	25 Qiu Changchun 丘長春 Kundao 10:00-11:30am Yangsheng & Daoyin 6:30-8:00pm	26 Meditation 6:30-7:30pm	27 Kundao 10:00-11:30am	28 Yangsheng 6:30-8:00pm	29	

*Lundao 論道: Public Talk

* Kundao 坤道: Women's Practice

* Daoyin 導引: Stretching and Breathwork

*Yangsheng 養生: Health and Longevity Practice

March 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Daoist Energetics & Seasonal Dietetics 10:00am-2:00pm	3 Kundao 10:00-11:30am Yangsheng & Daoyin 6:30-8:00pm	4 Meditation 6:30-7:30pm	5 Excited Insects 驚蟄 Kundao 10:00-11:30am	6 Yangsheng 6:30-8:00pm	7 • New Moon 朔	8
9	10 Kundao 10:00-11:30am Yangsheng & Daoyin 6:30-8:00pm	11 Introduction to Quiet Sitting 6:30-7:30pm	12 Kundao 10:00-11:30am	13 Sovereign Lord of Eastern Florescence 東華帝君 Yangsheng 6:30-8:00pm	14	15
16 Lundao Talk 10am-12pm	17 Kundao 10:00-11:30am Yangsheng & Daoyin 6:30-8:00pm	18 Meditation 6:30-7:30pm	19 Kundao 10:00-11:30am	20 Vernal Equinox 春分 Yangsheng 6:30-8:00pm	21 o Full Moon 望	22 Great High Lord Lao 太上老君
23	24	25	26	27	28	29
30 Scripture Study <i>Daode jing</i> 10am-12pm	31 Kundao 10:00-11:30am Yangsheng & Daoyin 6:30-8:00pm					

*Lundao 論道: Public Talk

* Kundao 坤道: Women's Practice

* Daoyin 導引: Stretching and Breathwork

*Yangsheng 養生: Health and Longevity Practice

April 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 Clear brightness 清明	5 • New Moon 朔
6	7 Kundao 10:00-11:30am Yangsheng & Daoyin 6:30-8:00pm	8 Perfected Warrior 真武 Meditation 6:30-7:30pm	9 Kundao 10:00-11:30am	10 Yangsheng 6:30-8:00pm	11	12
13 Lundao Talk 10am-12pm	14 Kundao 10:00-11:30am Yangsheng & Daoyin 6:30-8:00pm	15 Introduction to Quiet Sitting 6:30-7:30pm	16 Kundao 10:00-11:30am	17 Yangsheng 6:30-8:00pm	18	19
20 o Full Moon 望 Grain rain 穀雨	21 Kundao 10:00-11:30am Yangsheng & Daoyin 6:30-8:00pm	22 Meditation 6:30-7:30pm	23 Great Sovereign of Central Peak 中嶽大帝 Kundao 10:00-11:30am	24 Yangsheng 6:30-8:00pm	25	26
27 Scripture Study <i>Daode jing</i> 10am-12pm	28 Kundao 10:00-11:30am Yangsheng & Daoyin 6:30-8:00pm	29 Meditation 6:30-7:30pm	30 Kundao 10:00-11:30am			

*Lundao 論道: Public Talk

* Kundao 坤道: Women's Practice

* Daoyin 導引: Stretching and Breathwork

*Yangsheng 養生: Health and Longevity Practice