

# Akanishta Center Activities



# April 2008



## General Program (GP)

The General Program classes are an ideal introduction to Buddhist meditation and thought. Each class consists of guided meditations and teachings. These are drop-in classes, and everyone is welcome.  
Cost: \$10, \$6 students and seniors.

### Locations:

#### Downtown Branch:

above Mimosa Bookstore  
260 W. Gilman Street

#### University Branch:

St. Francis House  
1001 University Avenue

#### Akanishta Buddhist Center:

17 N. Fifth Street

## Foundation Program

The Foundation Program is a more in-depth study program for those wishing to deepen their experience and understanding of Buddha's teachings. Registration is required. Study of the next text will begin in August, with either *Understanding the Mind* or *Heart of Wisdom*.

## Offering to the Spiritual Guide

Performed on the 10th and 25th of each month, this special offering practice is open to all. A small pure offering of food or drink is custom.

Akanishta Buddhist Center  
17 N. Fifth Street  
Madison, WI 53704  
661-3211

[www.meditationinmadison.org](http://www.meditationinmadison.org)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <b>General Program</b> University 7:00-8:30pm	2 <b>General Program</b> Akanishta 7:00-8:30pm	3 <b>General Program</b> Downtown 7:00-8:30pm	4 <b>Foundation Program</b> 7:00-9:00pm	5
6 <b>Buddha Amitayus</b> Prayers for Long Life 10:00-11:30am	7 <b>Foundation Program</b> 7:00-9:00pm	8 <b>General Program</b> University 7:00-8:30pm	9 <b>General Program</b> Akanishta 7:00-8:30pm	10 <b>General Program</b> Downtown 7:00-8:30pm <b>OSG</b> 7:00-9:00pm	11 <b>Foundation Program</b> 7:00-9:00pm	12 <b>Family Dharma</b> 10:30-11:30am All are welcome to attend!
13 <b>Buddha Amitayus</b> Prayers for Long Life 10:00-11:30am	14 <b>Foundation Program</b> 7:00-9:00pm	15 <b>General Program</b> University 7:00-8:30pm	16 <b>General Program</b> Akanishta 7:00-8:30pm	17 <b>General Program</b> Downtown 7:00-8:30pm	18 <b>Foundation Program</b> 7:00-9:00pm	19
20 <b>Buddha Amitayus</b> Prayers for Long Life 10:00-11:30am	21 <b>Foundation Program</b> 7:00-9:00pm FP resumes again on May 5	22 <b>General Program</b> University 7:00-8:30pm	23 <b>General Program</b> Akanishta 7:00-8:30pm	24 <b>General Program</b> Downtown 7:00-8:30pm	25 <b>OSG</b> 7:00-9:00pm	26
27 <b>Buddha Amitayus</b> 10:00-11:30am	28	29 <b>Kangso</b> 9:00am-12:30pm <b>General Prog.</b> University 7:00-8:30pm	30 <b>General Program</b> Akanishta 7:00-8:30pm	U.S. Kadampa Spring Festival @ KMC New York		
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