

Oct 2026

SUN

MON

TUE

WED

THU

FRI

SAT

1

Training in Happiness
7pm

**TRAINING IN
HAPPINESS**

2

3

Away Retreat @ IKRC
Oct 2 - 5



4

Let Go of Negative
Emotions - 10 am

**LET GO
OF NEGATIVE
EMOTIONS**

Wishfulfilling Jewel
12:30pm

5

6

San Clemente Class
7pm

7

Seal Beach Class
7pm

8

Tara Prayers 9am

Training in Happiness
7pm

9

**Kadampa Fall
Festival Oct 9 - 15**



10

**Kadampa Fall
Festival**

In-person
or
online

11

Let Go of Negative
Emotions - 10am

12

13

San Clemente Class
7pm

14

Seal Beach Class
7pm

15

Training in Happiness
7pm

16

17

Precepts
6:30am

Heart Jewel
7:30am

Mantra Rolling
10am

18

Let Go of Negative
Emotions - 10 am

Wishfulfilling Jewel
12:30pm

Foundation Program
2pm

19

20

San Clemente Class
7pm

21

Seal Beach Class
7pm

22

Training in Happiness
7pm

23

24

Introduction to
Heruka Tantra
10am - 1pm



Torma Making
2pm

25 Je Tsongkhapa Day



Morning Meditation - 10am

OSG Prayer - 12pm

Foundation Program 2pm

26

27

San Clemente Class
7pm

28

Seal Beach Class
7pm

29

Melodious Drum 9am

Training in Happiness
7pm

30

31

Death & Dying
9:30am - 3pm



Powa Prayer for Deceased
2pm

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