

100 Days of Shamatha - Schedule

February

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			15th Class 19:30 - 21:30	16th	17th	18th
19th	20th	21st Class 19:30 - 21:30	22nd	23rd Zikr Gathering 19:30 onwards	24th Full Moon	25th
26th	27th	28th Class 19:30 - 21:30	29th			

March

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1st	2nd	3rd
4th	5th	6th Class 19:30 - 21:30	7th	8th	9th	10th Q&A 19:30 - 21:00 New Moon
11th	12th	13th Class 19:30 - 21:30	14th	15th	16th	17th
18th	19th	20th Class 19:30 - 21:30	21st	22nd Zikr Gathering 19:30 onwards	23rd	24th
25th Full Moon	26th	27th Class 19:30 - 21:30	28th	29th	30th	31st

April

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1st	2nd	3rd Class 19:30 - 21:30	4th	5th	6th	7th Q&A 19:30 - 21:00
8th Week off New Moon	9th Week off	10th Week off	11th Week off	12th Week off	13th Week off	14th Week off
15th	16th	17th Class 19:30 - 21:30	18th	19th Zikr Gathering 19:30 onwards	20th	21st
22nd	23rd	24th Class 19:30 - 21:30 Full Moon	25th	26th	27th	28th
29th	30th					

May

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1st Class 19:30 - 21:30	2nd	3rd	4th	5th Q&A 19:30 - 21:00
6th	7th	8th Class 19:30 - 21:30 New Moon	9th	10th	11th	12th
13th	14th	15th Class 19:30 - 21:30	16th	17th Zikr Gathering 19:30 onwards	18th	19th
20th	21st	22nd Class 19:30 - 21:30	23rd Full Moon	24th	25th	26th
27th	28th	29th Class 19:30 - 21:30	30th	31st		

June

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					1st	2nd Q&A 19:30 - 21:00
3rd	4th	5th	6th New Moon	7th <i>Retreat</i>	8th <i>Retreat</i>	9th <i>Retreat</i>
10th	11th					

All classes and Q&A will be in person and online.

Zikr Gathering will be in person only and it is important for those who have taken sannyas to attend. We will aim to have a meal beforehand at 6pm sharp. If enough people want to stay over we can have morning meditation sessions as we have on retreat 10am - 1pm (ish) followed by a meal.