

## February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	1	2	3
		7:30 p.m. EST Medicine Buddha Practice				
4 9 a.m. Green Tara Practice	5 <b>6:30 p.m. Dakini Tsok</b>	6 7:30 p.m. EST Medicine Buddha Practice	7	8	9	10 <b>8 a.m. - LOSAR</b> Wood Dragon Year of 2151
11 9 a.m. Green Tara Practice	12	13 7:30 p.m. EST Medicine Buddha Practice	14	15	16	17
18 9 a.m. Green Tara Practice	19 <b>6:30 p.m. Guru Rinpoche Tsok</b>	20 7:30 p.m. EST Medicine Buddha Practice	21	22	23	24 <i>Chotrul Duchen</i>  <b>2 p.m. Chöd Practice</b>
25 9 a.m. Green Tara Practice	26	27 7:30 p.m. EST Medicine Buddha Practice	28	29		

### FEBRUARY PRACTICES AND TEACHINGS

February 5, Monday at 6:30 p.m. – Dakini Tsok

February 10, Saturday – LOSAR – Tibetan New Year 2151 – Year of the Wood Dragon  
 Traditionally, people do not eat before coming to the temple. After chanting and praying together we go downstairs and have some traditional Tibetan fare (rice with raisins and Tibetan cookies). This way, we have the first meal of the New Year together. It is also traditional to buy some new, never worn, clothes and wear them to the event (not mandatory, but a nice custom). It is also customary to make offerings to the lamas, monks, and nuns of the Temple when visiting on this day.

February 19, Monday at 6:30 p.m. – Guru Rinpoche Tsok

*February 24, Saturday – Chotrul Duchen* The first fifteen days of the year celebrate the fifteen days on which, in order to increase the merit and aid the devotion of future disciples, Buddha displayed a different miracle.

February 24, Saturday at 2 p.m. – Chöd Practice