

Drikung Dharma Surya Center

5300 Ox Road
Fairfax VA 22030
703.273.5189

drikungdharma.org
drikungdharma@gmail.com



2017 DDSC Weekly Programs

Unless a Special Event or Retreat is scheduled
See website for further details and latest updates

Meditation Workshop Instructions

Tuesdays 7 – 8 PM

Khenpo Samdup or senior practitioner will assist meditation beginners with instructions and guidance described in the book *“Stages of Meditation: Awakening the Mind.”*

Meditation

Wednesday 7 – 8 PM

Saturday 9 – 10 AM

Saturday 7 – 8 PM Korean language practice

Khenpo Samdup or senior practitioner will assist meditation beginners with instructions

Buddhist Dharma Teachings & Discussions with Khenpo Samdup (or Senior practitioner)

Saturdays 10 AM – Noon

Various teaching topics will be offered in accordance with Khenpo Samdup’s books explaining the three yanas (vehicles) of Buddhist philosophy and practice.

Buddhism 101 with Senior lay-practitioner in English language

Saturdays 7 - 9 PM

Book study on fundamentals of Buddhist philosophy and meditation in continuing 8-week cycles.

Tai-Chi Class & Practice

Sundays 9:15 – 10:00 AM

Donations gratefully appreciated.

Yidam Deity Yoga Sadhana Practice

with Khenpo Samdup (or Senior practitioner)

Sundays 10 AM – Noon

Yidam deity yoga practices will be alternatively focused on various deities, including Buddha Amitabha, White Tara, Green Tara, Medicine Buddha, Compassion Buddha Chenrezig, or other deities.

Sunday Children’s Practice

Sundays 10 AM – Noon

Yoga, prayers, meditation, book reading and discussion, crafts are elements of the practice.

Private audiences with Khenpo Samdup are available by appointment.

Contact 703.273.5189 or drikungdharma@gmail.com



DDSC Temple Director
Venerable Khenpo Samdup