

Drikung Dharma Surya Center

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On-line Teachings and Practices with Khenpo Samdup Rinpoche

**Participants Welcomed to Join Khenpo Samdup in DDSC Shrine Hall
(Face Mask and 6-Foot Social Distance Required)**

- During the current stay-at-home health crisis, DDSC is hosting On-Line Dharma Programs available to everyone on their smart-phones, touch-screens and computers
- To participate - Download the free ZOOM basic subscription for your device at:

<https://zoom.us/signup>

Weekdays - Monday thru Friday

11 AM to 12:30 PM EDST

Meditation - Buddha Sakyamuni Practice -
Achi Chokyi Drolma & Mahakala Smoke
Offering - Parnashavari Practice

Tuesday & Wednesday Evenings

7 PM to 8 PM EDST

Essence of Mahayana Teachings

Saturday & Sunday Early Mornings

9 AM to 9:40 AM EDST

Silent Meditation

9:40 AM to 10:30 AM EDST

Yidam Deity Yoga Practice

Saturday & Sunday Late Mornings and Evenings

11:00 AM to 1:00 PM EDST

Stages of Meditation Teaching Session

7 PM to 8 PM EDST

Meditation Session

Garchen Children's Practice

Summer Break - To Resume in Fall 2020

Prayers, Book Reading, Discussion & Meditation
with Teachers Lisa Buschmann, Alexander
Smirnov & Fawn Bui

Buddhism 101 of 8-Week Classes with Senior Lay Practitioner

Saturdays at 7 PM

Tai Chi Practice with Teacher Hang Tam

Sundays at 9 AM

**Please send email for ZOOM
Meeting ID# and Password**

drikungdharmasurya@gmail.com

gar.kids.ddsc@gmail.com

ddsc.buddhism101@gmail.com

Download following texts at drikungdharmasurya.org

- Achi Chokyi Drolma Practice
- Parnashavari Practice
- Yidam Deity Yoga Practice

**DONATIONS are Gratefully Accepted on DDSC
Website to Continue Support the Temple**

No One Turned Away for Lack of Funds

For more information, please contact: drikungdharmasurya@gmail.com

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