

Diamond Yoga Dharma Center

Daily Calendar

Monday

7:00 – 8:00 pm Treasure Vase Qi, and Warming/Cooling Dharma *

Tuesday

7:00 – 8:00 pm Calming and Relaxing –The Second Foundation of Zen *

Wednesday

7:00 – 8:30pm 33 Mantras, and Ucchusma Vajrapala

Advanced students only

Thursday

1:00 – 3:00pm Prajna Akasagarbha

Class by Invitation only

7:00 – 8:00pm Self – Healing Technique (meditation) *

Saturday

10:00 am – 3:00 pm Meditation Workshop (varies by Week)

Sunday

10:00 – 10:45am Free Spiritual Healing

11:00 – 11:45 am Introduction to the Esoteric Buddhism, and Meditation *

1:00 – 3:00pm Prajna Akasagarbha Yoga

Monday- Sunday: Chanting for The Living Buddha Dechan Jueren

8:30 – 9:30am Dharma Rite I

6:00 – 7:00pm Dharma Rite II

***Introductory Class; no fee required.**

Contact Maria: 1-(707) - 748 - 1662