



TANA DHARMA SOCIETY

**PERSATUAN AJARAN BUDDHA JANG TANA THEGCHOK NORBU CHOSLING,
SELANGOR & KUALA LUMPUR (Reg. No. 1860-11-SEL)**

*No 74, Jalan SS15/4B, Subang Jaya, 47500 Petaling Jaya, Selangor Darul Ehsan
Tel No. 03-5632 6103 Fax No. 03-5632 3995 Website : www.tanamonastery.org*

Schedule of Activities

Day	Time		Practice
Everyday	9.00 am	10.00 am	Tara Puja
	5.00 pm	6.00 pm	Mahakala Puja
Every Sunday	10.00 am	11.30 am	Group Practice : Chenrezig (Avalokiteshvara)
Every New Moon & Full Moon	10.00 am	-	108 Lamp Lighting & Prayers
Every New Moon	8.00 pm	10.30 pm	Amitabha Practice
Every Full Moon	10.00 am	-	Life Release
Wesak Month - Everyday	10.00 am	-	108 Lamp Lighting and Prayers
On the 10 th of the Lunar Calendar	8.30 pm	10.30 pm	Guru Rinpoche Practice (Kon Chok Chidu)