



April 2009 Highlights

Shambhala Meditation Centre

670 Bloor Street West #300 | 416.588.6465 | toronto@shambhala.org

3 to 5 Friday to Sunday Windhorse. With Gisele Laberge. In this weekend meditation program, we study the text that gives the instruction for "raising windhorse" – a practice which opens the heart and refreshes one's confidence. Prerequisite: Great Eastern Sun. Starts Friday at 7:30pm. Cost: \$150.

4 Saturday Parinirvana of Chogyam Trungpa Rinpoche. Join us for a celebration of the life and teachings of the Vidyadhara Chogyam Trungpa Rinpoche the founder of Shambhala. Details to be announced.

6 Monday Shambhala Decorum. A talk by Maggie Colby on the Shambhala view and practice of decorum. 8:15pm.

8 Wednesday Are you in your late teens to early thirties or think you should be? We are a group of youngish people who are interested in gathering together twice a month to do a little meditation, discuss Dharma, hang out and talk about things that are relevant to us. Please join us! 8:15pm after sitting and also on Saturday April 25 at 3pm.

9 Thursday Sadhana of Mahamudra. Join us in the recitation of this liturgy by Chogyam Trungpa, which addresses the spiritual materialism of our time. 7pm pm. Also on Friday, April 24.

18 Saturday. Looking and Seeing: Introduction to Miksang Contemplative Photography. When eye and mind are in the same place you see clearly and your images are vivid. This one-day workshop includes instruction, assignments and image review. You need a digital camera. 9 am to 5pm. \$60.

18 to 19 Saturday and Sunday Traditional Chinese Qigong with Eva Wong. Cultivate strength of body and calmness of mind through the healing Taoist practice of qigong with Eva Wong, a master in the Pre-celestial Limitless Gate School (Xiantianwujimen) and the Yiquan School. Saturday April 18, 9am to 5pm and Sunday April 19, 9am to 5:30pm. See website for details. **Location:** 270 Barton Avenue (near the northwest corner of Christie Pits Park). Cost: \$160.

20 Monday. What is the Dorje Kasung? A talk introducing the Dorje Kasung and the practice of the protector principle. 8:15pm.

25 Saturday. Bodhi School. A monthly program for children and teenagers from 5 to 14 years that will inspire them to explore meditation through the arts and guided imagery. 10 am to 12 noon. By donation.

29 Wednesday Turning the Mind into an Ally. With Madeline Conacher. Based on the best-selling book, *Turning the Mind into an Ally* by Sakyong Mipham, this class is ideal for beginners as well as students who would like to stabilize and deepen their meditation practice. The course will give students a basic grounding in the principles of meditation, as well as introduce contemplative techniques. Five Wednesdays starting at 8:15 pm, plus a half-day meditation intensive on Sunday, May 24. Cost: \$50.

Ongoing Events

Open Evenings

Every Monday, Tuesday and Wednesday evening at 7 pm, the Shambhala Meditation Centre is open, offering meditation instruction, group meditation practice, and regular public talks.

Learn to Meditate

Meditation instruction is available at 7 pm on Monday, Tuesday and Wednesday evenings.

Buddhist Practice & Study Nights

Held every Tuesday evening at 7 pm. Everyone welcome. See calendar for upcoming classes and talks.

Yoga on Tuesdays

Participate in a one hour yoga class every Tuesday at 5:30 pm. Everyone welcome. By donation.

Shambhala, Shambhala Meditation Center, Shambhala Center, and Shambhala Training are registered service marks of Shambhala International (Varjadhātu).

Visit us on the web at toronto.shambhala.org

April 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Open Evening. Four Foundations of Mindfulness.	2	3 Windhorse.	4 Windhorse. Avalokiteshvara feast, 2pm.* Parinirvana of CTR.
5 Windhorse.	6 Open Evening. Talk: Shambhala Decorum, 8:15pm.	7 Open Evening. Journey without Goal.	8 Open Evening. Late teens to early thirties group. Four Foundations of Mindfulness.	9 Sadhana of Mahamudra, 7:30pm.	10	11
12	13 Open Evening.	14 Open Evening. Journey without Goal.	15 Open Evening. Four Foundations of Mindfulness.	16	17	18 Miksang. Qigong with Eva Wong.
19 Qigong with Eva Wong. VY feast 6pm.*	20 Open Evening. Talk: What is the Dorje Kasung? 8:15pm.	21 Open Evening. Yoga cancelled. Journey without Goal.	22 Open Evening.	23	24 Sadhana of Mahamudra, 7:30pm.	25 Bodhi School. Late teens to early thirties group, 3pm. Ngondro.*
26 Journey without Goal Intensive. Ngondro.* Stroke, 2pm.* Werma, 4pm.*	27 Open Evening.	28 Open Evening.	29 Open Evening. Turning the Mind into an Ally.	30	*Events with asterisks are restricted to qualified participants.	

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