



August 2009 Highlights

Shambhala Meditation Centre

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

5 Sunday. Sadhana of Mahamudra. Join us in the recitation of this liturgy by Chogyam Trungpa, which addresses the spiritual materialism of our time. 8:15pm. Also on Wednesday, August 19.

12 Wednesday. Talks on Shamatha Meditation with Khenpo Kunga. Shamatha in Sanskrit or zhi gnas (shin) in Tibetan is often translated as "calm abiding" meditation. This form of meditation is considered to be the foundation of all other practices in the Buddhist tradition. In this series of two talks, Khenpo Kunga will discuss the practice of shamatha itself, the benefits of the practice, the obstacles to the practice, and antidotes to those obstacles. 8:15pm. Also on Wednesday, August 26. By donation.

15 Saturday. Introduction to Meditation. This half-day program introduces beginners and those wanting a refresher to the practice of meditation. 10am to 1pm. Everyone welcome. By donation.

16 Sunday. Nyinthun: Sunday Morning Meditation. Join us for all or any part of this session of sitting and walking meditation. Meditation instruction available upon request. 10am to 1pm. By donation.

21 - 23 Friday, Saturday and Sunday. Simplicity Meditation Weekend at Juniper Hill Retreat Centre. Open to all and ideal for beginners on the path of meditation. A weekend of guided sitting and walking meditation. Time for reading, reflection, enjoying trail walks and the beauty of the countryside. Discover your natural ability to be present and cultivate peace in your daily life. Location: Juniper Hill Retreat Centre, Warkworth, Ontario. Cost: \$75. For details please contact Madeline at 705-632-0793 or conacher-allen@sympatico.ca or Mabinti at 416-249-9465 or mabintid@rogers.com. Visit our website for more information.

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.

September Events

The Art of Being Human, Shambhala Training Level I. Friday and Saturday, September 11-12. Shambhala Training is a progressive series of weekend workshops that uses the wisdom of meditation to introduce students step-by-step into the path of working with one's mind in the context of everyday life. It is founded on the basic principle that the practice of meditation can help people of all walks of life and followers of any spiritual tradition become more awake in their own lives and more compassionate and courageous with the world around them. \$150.

Way of Shambhala: Meditation in Everyday Life. Monday, September 21 to October 26.

This five-week course provides an opportunity for new and experienced students to deepen their experience and understanding of meditation. Includes meditation instruction, talks, periods of meditation practice, discussion, and a variety of contemplative practice activities. Runs on five consecutive Mondays, excluding October 12. Starts at 7pm and goes to 9pm. \$75.

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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Open evening.	4 Open evening.	5 Open evening. Sadhana of Mahamudra, 8:15pm.	6	7	8
9	10 Open evening.	11 Open evening.	12 Open evening. Talk on Shamatha, 8:15pm.	13	14	15 Introduction to Meditation, 10am to 1pm.
16 Nynthun, 10am to 1pm.	17 Open evening.	18 Open evening.	19 Open evening. Sadhana of Mahamudra, 8:15pm.	20	21	22
23	24 Open evening.	25 Open evening.	26 Open evening. Talk on Shamatha, 8:15pm.	27	28	29
30	31 Open evening.					

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