

Bodhi School: Saturday, October 17<sup>th</sup>, 2:00 pm

Cost: \$10 per Child

### Schedule: Fall Celebration In High Park

Please Note: this class will Not be held at the Shambhala Center, we will be holding our Celebration of Fall at High Park.

Meeting area: will be at the covered picnic area beside Hillside Gardens, near the bathrooms. Parking is at Grenadier restaurant. Please refer to attached map for details.

Please arrive on time since our group will be dividing into separate activities, in different locations. If you are late or lost, please call John on his cell phone at (647) 928-0336.

Once everyone has arrived, all participants will do a warrior's bow together and negotiate the various activities of the day.

2:10 – 3:00: Tiger Club children will leave with Wendy and Shawna for a morning of fun activities and nature exploration. Additional parental support is welcome.

2:10 – 3:00: Bodhi School children and parents will be introduced to drill practice as meditation in action and as a way of synchronizing body and mind by John Crone.

3:00 – 3:30: All participants will come together again at the meeting area for a group snack/picnic. We will serve hot chocolate, cookies and fruit.

3:10 – 4pm: Parenting as Path group will stay at the pavilion for their discussion. Please review and bring the talk by Lady Diana entitled "Dependence and Independence" for our discussion group. It is attached to this message. Please bring something to sit on (a foam cushion or a lawn chair) as we will sit before our discussion group.

3:30: Game of the Day; the older children will lead the younger children in play.

4:00 – We will close our class together with a bow and a joke of the day.

Necessities: Please make sure children dress appropriately for the day's weather. Also please pack a foam cushion, blanket or a towel that you and your child can sit on during meditation and the picnic.