

Shambhala Meditation Center of Toronto

Bodhi School (5 - 14 Years Old) & Tiger Club (Under 5 Years of Age)

Saturday, Nov 21st, 3:00 pm - 5:30 pm

Cost: \$10 per Child

Bodhi School is 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. Parents are welcome to join in an on-going “parenting as path” discussion group.

Bodhi school will give children a way to cultivate a sense of well-being within themselves, creating an invaluable still-point, calming and soothing their emotions, improving their relationships with themselves and others, and increasing their ability to enjoy their world altogether.

Schedule:

Saturday, Nov 21st at 3pm, all children will negotiate who will be doing what for the Children’s Day skit. At 3:30 pm they will line up outside the meditation hall and then enter the shrine room in single file. Once we are all seated in the shrine room we will do a warrior’s bow together, and then sit for a minute. The Tiger cubs will be dismissed and gather in the community room and the Bodhi School children will sit another 4 minutes. Then we will do the Manjushri Chant. The Sakyong told the children at the Shotoku children’s program at SMC to do this chant every day to make them smarter...

After that the Bodhi School class will commence the main activities of the day. Serena and Luanna have written a script for a play: “A Villain in Shambhala”. Under Johns’ supervision they will rehearse the skit with the rest of the class.

Tiger Club children under the age of 5 will meet in the community room where Wendy and Shawna will hold a morning of fun activities.

“Parenting as Path” Group: adults will meet with Harald for meditation, teachings and discussion. Please review and bring the talk by Lady Diana entitled “Dependence and Independence” for our discussion group. It is attached to this message.

Loving Kindness Contemplation & Sharing Circle: all the children and parents, will gather together to close our class with a joke and a minute of Loving Kindness Contemplation.

Clean up time for all the parents & children to make sure the centre is clean by 5:30pm.