



December 2009 Highlights Shambhala Meditation Centre

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1 Tuesday. Sadhana of Mahamudra. Join us in the recitation of this liturgy by Chogyam Trungpa, which addresses the spiritual materialism of our time. Also on December 15 and 31. 7pm.

5 Saturday. Awake at Work: How mindfulness meditation can help us build successful, healthy careers with Michael Carroll. Join us for an evening with Michael Carroll, author of *Awake at Work* and *The Mindful Leader*. During this 2 hour discussion, we will explore how mindfulness meditation can help us transform our daily workplace frustrations, distractions and anxieties into a pliable sense of well being. We will learn meditation and explore mindfulness principles for developing clarity, wisdom and inspiration when facing life's daily joys, demands and surprises. 7:30pm \$20.

13 Sunday. Nyinthun: Sunday Meditation. Join us for all or any part of this morning session of sitting and walking meditation. Meditation instruction available. Three-yana practice session: Starting at 2pm the centre will be open to all practitioners for: sitting meditation, ngondro or sadhana practice, together as a group in the main shrine room or in one of the other rooms. 10am to 1pm and 2pm to 5pm.

19 Saturday. Children's Day. The Shambhala community has a tradition of celebrating the changes of season. The winter holiday, Children's Day, was started by Chogyam Trungpa Rinpoche and provides a special opportunity to express appreciation for and with our children. 3:30pm to 6:30pm Details to be announced.

29 Tuesday. Joyful Vajra. A preview of a film on the life of Sakyong Mipham Rinpoche. This is a 37 minute video, which includes highlights of a feature length documentary that will come out later this coming year. 8:15pm.

Upcoming in January

2 Saturday. Introduction to Meditation. This half-day program introduces beginners, and those wanting a refresher, to the practice of meditation. The program includes meditation instruction with a qualified instructor, short practice sessions, talks and discussion. 10am to 1pm.

3 to 10 Sunday to Sunday. Winter Meditation Intensive. Join us for all or any part of these meditation sessions. Each meditation session consists of sitting and walking meditation. Suitable for beginners and experienced meditators. Qualified meditation instructors will be available for meditation instruction and meditation interviews upon request. See website for dates and times.

Ongoing Events

Learn to Meditate

Meditation instruction is available on Tuesday and Wednesday evenings at 7 pm, as well as at other introductory events listed in our calendar.

Open House

Every Wednesday evening starting at 7 pm, the Shambhala Meditation Centre offers meditation instruction, introductory talks, and classes.

Shambhala Buddhist Study Night

Every Tuesday starting at 7 pm, these evenings include meditation instruction, talks, and classes.

Group Meditation Practice

Join us for group sitting meditation practice every Tuesday and Wednesday from 7pm to 8pm, as well as at other scheduled events listed in our calendar.

Visit us on the web at toronto.shambhala.org

December 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Yoga, 5:30pm. Buddhist Study Night. Sadhana of Mahamudra, 7pm.	2 Open House.	3	4	5 Awake at Work with Michael Carroll, 7:30pm.
6	7	8 Yoga, 5:30pm. Buddhist Study Night.	9 Open House.	10	11	12
13 Nynthun: Sunday Meditation and three-yana practice session.	14	15 Yoga, 5:30pm. Buddhist Study Night. Sadhana of Mahamudra, 7pm	16 Open House.	17	18	19 Children's Day
20	21	22 Buddhist Study Night.	23 Open House.	24	25	26
27	28	29 Buddhist Study Night. Joyful Vajra video, 8:15pm.	30 Open House.	31 Sadhana of Mahamudra, 7:30pm.		

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