



February 2010 Highlights

Shambhala Meditation Centre

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3 to 12 Wednesday to Friday. Pacifying the Turmoil of the Mamos. A protector chant that is recited to pacify the karmic causes of personal, social, and environmental chaos that accumulate at the year's end. Starts Wednesday with video at 7pm and chant at 8:15pm. See website for details.

4 Thursday. Thursday Morning Open House. NEW! The Shambhala centre is now open every Thursday morning from 10am to 12pm. for sitting and walking meditation. See website for details.

5 to 7 Friday to Sunday. Meek. Part of the Sacred Path of the Warrior series of weekend programs, this weekend begins our study of the "four dignities" of warriorship, a path and a process, which describe a warrior's maturing and widening sphere of benevolent engagement in the world. Prerequisite: Windhorse and Drala. Starts 7:30pm Friday. \$150.

10 Wednesday. Are you in your late teens to early thirties? 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. 8:15pm. Also on February 24.

11 Thursday. The Great Path of Liberation: The Vast and Profound Mahayana. A 5-week preseminary course on the Mahayana path of Buddhism. Prerequisite: Bodhisattva vow. 7pm.

13 Saturday. Shambhala Soiree. Members and friends of the Shambhala community are cordially invited to an elegant evening of socializing, fun and entertainment as we celebrate the beginning of a new year, the year of the Iron Tiger. Starts 6pm. \$20.

14 Sunday. Shambhala Day. Shambhala Day marks the beginning of the new year of the Iron Tiger and is one of the most important traditions of Shambhala Buddhism. Includes address from Sakyong Mipham Rinpoche. Everyone welcome. Starts at 11am.

16 Tuesday. The Hundred Thousand Songs of Milarepa. A 2-week class on Milarepa, the inspiring Tibetan practitioner, leading up to Milarepa Day. 8:15pm. \$10.

17 Wednesday. Using Daily Life as a Spiritual Path. A video of a talk by Jetsunma Tenzin Palmo is one of the first westerners to be ordained a Tibetan Buddhist nun. 8:15pm.

20 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. 3pm to 5pm. \$10 suggested donation.

21 Sunday. Nyinthun: Sunday Meditation. Join us for all or any part of this session of sitting and walking meditation. 10am to 1pm. Three-yana practice starting at 2pm.

28 Sunday. Milarepa Day. An all-day practice, reciting the songs of realization from the Rain of Wisdom. 9am to 9pm.

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 Monday, 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

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Group meditation, 7pm to 8pm. Joy in Everyday Life, 7pm.	2 Open night, 7pm. Enlightened World, 8:15pm. Werma, 7pm*	3 Open night, 7pm. Mamos, 8:15pm.	4 Open House, 10am. Mamos, 7:30pm.	5 Mamos, 7:30pm. Meek, 7:30pm.	6 Mamos, 7:30pm. Meek.
7 Mamos, 7:30pm. Meek.	8 Group meditation, 7pm to 8pm. Joy in Everyday Life, 7pm. Mamos, 7:30pm.	9 Open night, 7pm. Mamos, 8:15pm.	10 Open night, 7pm. Mamos, 8:15pm. Teens to 30s. 8:15pm.	11 Open House, 10am. Mamos, 7:30pm. The Great Path of Liberation, 7pm.	12 Mamos, 7:30pm.	13 Shambhala Soiree, 6pm.
14 Shambhala Day, 11am.	15 Group meditation, 7pm to 8pm. Joy in Everyday Life, 7pm.	16 Open night, 7pm. Milarepa class, 8:15pm.	17 Open night, 7pm. Using Daily Life as a Spiritual Path, 8:15pm	18 Open House, 10am. The Great Path of Liberation, 7pm.	19	20 Bodhi School, 3:30pm
21 Nynthun, 10 am to 1pm.	22 Group meditation, 7pm to 8pm. Joy in Everyday Life, 7pm.	23 Open night, 7pm. Milarepa class, 8:15pm.	24 Open night, 7pm. Teens to 30s. 8:15pm.	25 Open House, 10am. The Great Path of Liberation, 7pm.	26	27
28 Milarepa Day, 9am.	*For authorized students.					

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